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FAKING IT?**

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Model: Ryan Greasley
Cover Photo: Dallas Olsen
Cover Design: Leo Costa-Leite

Photo Credit: Dallas Olsen

Men's Muscle & Health Magazine is for informational purposes only. Consult a physician before undertaking any exercise or nutrition program within Men's Muscle & Health Magazine. It is your responsibility to evaluate your own medical and physical condition and to independently determine whether to undertake or adapt any of the information or content provided in this magazine. Any exercise program may result in injury and by voluntarily undertaking the programs provided, you assume the risk of any resulting injury.



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THE 70-YEAR-OLD YOU

2016 is well and truly upon us. The first thing we all do as another year rolls around is to set a resolution. Often we forget or give up on our resolutions not long after we make them — perhaps you've forgotten yours already?

Or sometimes we can go after them too hard, overexerting ourselves, and we end up getting just as far as we would have by forgetting the resolution altogether (that is, nowhere!).

This year, do it differently. Don't look at it as a 'resolution', but an investment. Something you can do that your future self will thank you for.

For me, this year I'd like to spend more time in the gym and get myself back in the shape I was in a few years ago. It's not just to be happier with who's looking back at me in the mirror; it's to look after myself and my future self.

The way I see it, going to the gym is like saving money for your old age. You're making an investment so that as you get older, you'll be able to move around and do what you want to do — well into your 70s, 80s and 90s.

This investment will hopefully keep you free from back pain, hip pain, knee-joint

pain and more. All this pain doesn't just occur in those people who aren't active enough; it can also be found in those who lift too heavy and overexert themselves too much. Years down the track, a lot of bodybuilders are having hip replacements, knee replacements and more because they went too hard, too heavy and did too much. I sure don't want that, and you probably don't either.

As you make an investment in yourself this year, focus on feeling great now and years down the track, not just looking good temporarily and suffering in years to come.

Think about how what you are going to do this year will affect the 70-year-old you. If you make the right choices, hopefully he'll be smiling and saying back at you, "looking and feeling good, thanks mate".

Dallas Olsen
Chief Photographer

HAVE YOUR SAY!

Email us at
editorial@fitmedia.com.au
and tell us what you think!



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MEET OUR EXPERTS



Sasha Hopkins

Sasha Hopkins

Without a university degree or a wealthy family, Sasha knew that in order for him to become great, wealthy and live a life of success without limitation, he had to think outside the box. He left home at 17 and learnt very quickly how the real world worked and what he needed to survive and prosper in it: *money!* Sasha began investing in property at 21, and the rest is history. At 27, he has amassed a personal wealth of \$3.2 million in just five years on one income. As CEO and head strategist of The A Team Pro, he specialises in helping everyday Australians achieve their financial goals and dreams through strategic investments. For more information visit www.theateampro.com



Scott Masson

Scott Masson

Scott is a writer and content marketer based in London. His work has been featured in the *Guardian*, *Daily Mail* and *British Library*, to mention a few. He is an avid powerlifter and distance cyclist, and when he's not writing he spends his free time learning Mandarin.



Hamish Playfair

Hamish Playfair

Hamish is an incredibly tenacious rower, boating out of Sydney University Boat Club. He began his rowing career at the hotbed of talent known as the Shore School, before eventually ending up at Sydney Uni. He has become something of a lynchpin in Sydney Uni's under-23 eight, having helped them to several gold medals at the National Championships in recent years. Possibly his biggest achievement to date was his bronze medal in the Men's Open Quadruple Sculls at the 2014 World Rowing Cup, which was held in Sydney. Hamish is currently training for a spot in the Australian Olympic team for Rio 2016.



Brad Cunningham

Brad Cunningham

Brad is a qualified neuro-linguistic programming (NLP) practitioner, personal trainer, and owner of The Fit Shop, one of Australia's leading transformation centres. With more than eight years' experience in the industry, and as a master rehab trainer and physique coach, he is most passionate about helping people transform their lives from the inside out. His simple approach to transformational change focuses on mindset, nutrition and training — bringing all these pieces of the puzzle together in a simple and achievable way. For more information visit www.thefitshop.com.au



Dr Nic Lucas

Dr Nic Lucas

Dr Nic Lucas specialises in coaching people through mind and behaviour change. He has 20 years' experience in pain medicine, research, and strength and conditioning. His PhD is in diagnostic medicine. Dr Lucas is the Amazon best-selling author of *Finally Free: How to Beat Anxiety in Six Simple Steps*, and has spoken about stress and positive psychology on national TV and radio. He has thousands of students from all over the world in his online training programs. He lives in Sydney and for fitness enjoys strength training and CrossFit with his wife and two kids. For more information visit www.niclucas.com



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RUN

3 WATERS RUNNING FESTIVAL

Bunbury Runners Club, Bunbury, WA

10 April 2016

The 3 Waters Marathon has a 50km ultra marathon, 42.2km marathon, 21.1km half marathon, and 10km and 5km running/walking events. The course is designed to showcase Bunbury's natural assets, weaving along the shores of the city's natural aquatic scenery, and is called the 3 Waters Marathon as you take in the sights of the Leschenault Inlet, Koombana Bay and the Indian Ocean. The festival is well-known for its relaxed, friendly atmosphere, which is perfect for the first-timer who's looking for a no-pressure race, yet is still a course that is challenging to the experienced distance runner.

For more information go to: bunburyrunnersclub.org



RIDE

CONVICT 100

St Albans, NSW

30 April 2016

The Convict 100 features 100km, 68km and 44km course options, all taking in parts of the famous Convict Trail that first linked Sydney and Newcastle and the infamous kayak bridge across the Macdonald River. The event draws some of the best mountain bikers in Australia competing for the honour of being able to call themselves a Convict 100 winner. The event is also popular with the weekend warriors who come out each year to challenge themselves against the toughest 100km event around. The Convict 100 is renowned for being a tough course; no flowing, groomed, single track, it is big climbs, rocky trails and heart-in-the-mouth descents.

For more information go to: convict100.com.au



OBSTACLE

SPARTAN RACE

Picton Rd, Razorback, NSW

2 April 2016

Spartan Race is the toughest, most competitive obstacle race series in the world. You can choose to take on the 7km Sprint or 14km Super. With around 20 obstacles, the Sprint is a great starting point for anyone who's new to the Spartan experience while still offering plenty to test the dedicated athlete too. Running, climbing, jumping, swinging, crawling and dodging are all part of the course in a Spartan Race. The Super consists of 25 obstacles over 14km and will test your physical strength and mental resolve. This endurance race consists of hills, trails, mud and custom-built obstacles designed to make every racer push themselves more than ever. Expect the unexpected at every muddy turn!

For more information go to: spartanrace.com.au





NOT ALL SNACKS CREATED EQUALLY

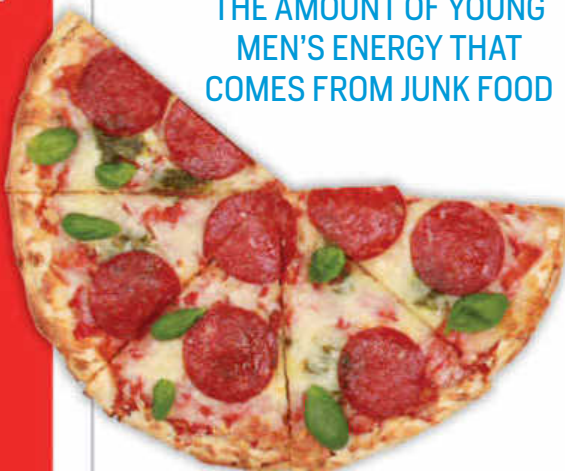
The Health Star Ratings reveal that snacks are not created equally and are aimed at helping people to make informed food choices by providing a quick-look guide, according to Australian dietitian Kara Landau.

However, the ratings are not a substitute for good nutritional advice and common sense. Remember to look beyond the simple stars, which don't take into account additional factors such as antioxidants, vitamins and minerals (except salt) or food additives. Always keep portion control in mind, and opt for the item that packs a nutritional punch, not just the one that has four or five stars.

Photo Credit: Shutterstock.com

1/3

THE AMOUNT OF YOUNG MEN'S ENERGY THAT COMES FROM JUNK FOOD



According to the Grains & Legumes Nutrition Council, young men aged 19 to 30 years are not eating enough quality grains, which carry essential nutrients for building muscles and strength and for energy and sexual function. The study also found that discretionary grains — such as pies, pizzas and muffins — comprise one-third (32 per cent) of young men's grain food choices, with almost two in three men (59 per cent) eating them on a regular basis. In the *Australian Grains & Legumes Consumption & Attitudinal Study*, 13 per cent of young men had the misconception that overly restricting grain foods such as bread and pasta would help with weight loss.

TAKE-HOME MESSAGE

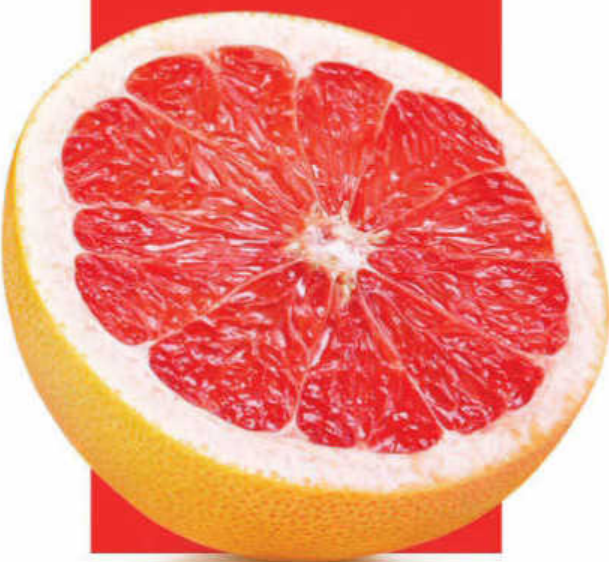
Trying to shred? Eat more grains! Eating more (not less) high-fibre grains and whole grains has been linked to lower body fat and a smaller waist circumference.

7 foods for 20/20 vision

Your diet directly affects the quality of your tears — and good tears make for sparkly eyes and broader eye health. It's important to have a well-balanced diet filled with fresh fruit and vegetables and plenty of omega 3 fats for top-quality tears.

If you want to keep your eyes bright and clear — and potentially prevent thieves of sight such as macular degeneration, cataracts and glaucoma — ensure you consume plenty of the following items:

1. Fish and good oils
2. Avocados
3. Oysters
4. Tomatoes
5. Orange capsicum
6. Spinach, kale and dark leafy greens
7. Fruits high in vitamin C and A.



1 in 2

THE NUMBER OF AUSSIE MEN WHO'D RATHER GET WRINKLES THAN GO BALD

According to a new study, 54 per cent of Aussie men would prefer to wrinkle prematurely than go bald, while one in three would give up their sense of smell to keep their full head of hair. Baldness has a serious impact on men, with almost half (46 per cent) believing hair loss impacts on their social lives.

TAKE-HOME MESSAGE

While there is no cure for hair loss, there is a serious chance men can slow down the process with a well-balanced diet of fresh vegetables, meat and fish. Plus avoid long-term stress if you want to keep that full head of hair around for as long as possible!



76%

THE PERCENTAGE OF AUSSIES 'TOO BUSY' TO GRAB LUNCH

A recent study by Pitango found that **41 per cent of participants skip lunch at least once a week, and 76 per cent of those skipping are using the most common excuse: they are just too busy.**

With lunch running a close second as the most important meal of the day (after breakfast), skipping lunch can result in a loss of concentration and productivity as blood sugar levels drop. Plus it can rev up your appetite later, causing you to overeat or choose foods that have poor nutritional value.

TAKE-HOME MESSAGE

Don't skip lunch! Prepare your meals on the weekend, so you don't have to think twice about lunch during the week, or opt for a healthy meal delivery service.



THE SECRET TO HAPPINESS

The secret to happiness boils down to three simple things: good personal relationships, financial security and a sense of purpose in life, according to a Deakin University study. This 'golden triangle of happiness' shows that when these three elements are present, normal positive levels of mood happiness will almost certainly be found, regardless of age, income or health status.

Photo Credit: Shutterstock.com

did you know?

With 2000 cases of skin cancer treated every day, a new survey* has revealed the surprising activities with the highest sunburn. Fifty per cent of Australian adults were sunburnt doing activities around the home, along with other passive

recreation activities such as reading or having a BBQ. Some 29 per cent of adults were sunburnt during activities at the beach, lake or pool, and 21 per cent were sunburnt while playing sport or taking part in other active recreation.

TAKE-HOME MESSAGE

Check the sun protection times each day to find out when the UV levels are high enough to damage your skin. During these times, slip on clothing; slop on SPF30 or higher, broad-spectrum, water-resistant sunscreen; slap on a broad-brimmed hat; seek shade; and slide on sunglasses.

45%

The percentage of people who'd take a holiday for their mental wellbeing

New research has found that 70 per cent of Aussies would consider a health, fitness or wellness holiday, with 45 per cent of respondents saying they'd explore such a getaway to improve their mental wellbeing. At the top of the list of reasons to take a health holiday was improving flexibility and overall fitness (51 per cent), closely followed by learning to release stress and improving mental health, at 48 per cent and 45 per cent respectively. When it came to hot health holiday spots, the study found that the most popular international destinations were New Zealand, Fiji, the Bahamas, Canada and the South Pacific Islands.



CRANBERRIES TO HELP REDUCE ANTIBIOTIC USE

Global experts believe cranberries may be a nutritional approach to reduce antibiotic use and support whole-body health. As a tool to help reduce antibiotic resistance and oxidative stress, there is growing evidence** suggesting cranberries can help curb recurrent urinary tract infections (UTIs), the second most common type of infection in the body. Affecting 40 per cent of women and 12 per cent of men, a lower number of infections would mean less use of antibiotics and less risk of developing antibiotic resistance.





Taking the plunge

Aniol Serrasolses runs a set of waterfalls on the Keldua River, eastern Iceland, in June 2015. First hitting the water in a kayak when he was just 12 years old, Aniol has made whitewater kayaking his life, travelling the world today as a multi-discipline kayaker (creeker, freestyle-kayaker and expedition kayaker). The 24-year-old, originally from Catalonia, Spain, loves the sensation of falling and committing to a plunge. He says once you get in your boat and paddle toward the drop, there's no turning back. Describing the feeling as 'flying', he says at that moment, nothing else in the world matters: "Everything happens fast, but the two or three seconds in the air are the most incredible sensation I have ever felt. I live to experience that moment over and over." **MMH**



FORTY-SEVEN MILLION

The number of people expected to suffer from low bone mass in the next five years

You may not know it, but having a high bone density level is paramount to good health — especially as you age. Once you hit 40, your bone mineral density declines at an accelerated rate. The good news? A recent study by Les Mills and Pennsylvania State University found that low-weight, high-repetition resistance training will increase your bone density.

TAKE-HOME MESSAGE

Incorporate two to three resistance training sessions into your weekly routine to keep your bones strong and healthy.

1 in 10

The number of people who will develop the common runner's complaint of plantar fasciitis (heel pain) during their lifetime



Top tips to avoid injury this running season:

1. **Know your feet** — before you buy your runners.
2. **Always warm up and cool down** — and sustain those calf stretches.
3. **Start low and go slow** — focus on your running technique.
4. **Rest and repair** — and eat blueberries (they contain nutrients that help reduce DOMS).



68%

The percentage of Aussies who would say 'no' to a magic fitness pill

A recent survey* has found even if a magical pill existed that keeps a person looking fit, most of us wouldn't take it. Some of the reasons for not taking the magical pill include respondents liking to work hard to get results (34.36%), enjoying exercise (32.56%) and not liking synthetic things (26.22%).

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WORDS Stephen Fenech

Photo Credit: Shutterstock.com



Our smartphones are among the most important items in our lives. For those who take their device everywhere, whether it's to the gym, on a run or hike, and even underwater, you need a rugged case that can protect your investment. When a single drop can result in a shattered screen or a broken phone, a tough cover can give you peace of mind. It also means you don't have to compromise your lifestyle to protect your device.



DOG & BONE WETSUIT IMPACT

Suitable for: iPhone 6/6s and Samsung S6

For those who don't want to compromise their lifestyle or rigorous training schedule to protect their smartphone, there's the Dog & Bone Wetsuit Impact. From the name you can tell that it's not

only waterproof, but it can take some serious punishment. It has been built to meet military standards and withstand drops from two metres, can handle dirt and mud, whether you're in the garden or on a building site, and can even handle snow and ice. And with an IP68

rating it can also handle going two metres underwater so you can confidently take it for a swim or use it in the bath. The flexible glass impact screen guard safeguards your display from scratches and bumps as well as dirt and grime. It also covers all the ports, but

still offers the user access to the camera and buttons. And it's all put together in a remarkable product that is surprisingly thin and light.

Price: \$124.95

Website: dogandbonecases.com

OTTERBOX DEFENDER SERIES**Suitable for:** iPhone and Samsung S6

Made for iPhone and Samsung smartphones, the OtterBox Defender has a two-piece internal polycarbonate shell that snaps around the device allowing the rubber slipcover to act as a shock absorber if the case hits the deck — even from a height of two metres. In fact, it has certified drop protection that has been tested for more than 230 hours. The OtterBox Defender also has a built-in clear membrane screen to protect the display from scratches and cracks. The cover can also stop dust, dirt and pocket lint getting into jacks and ports, while at the same time giving users complete access to the camera, buttons and volume control. The OtterBox Defender series is available in a combination of colours (one colour for the slip cover and one for the shell) that include black, white, pink, red, green and teal.

Price: \$89.95**Website:** otterbox.com**LIFEPROOF FRE****Suitable for:** iPhone 6/6s and Samsung S4, S5 and S6

LifeProof is a well-known name when it comes to tough covers, and it was one of the first to offer a completely waterproof case so you can take your device anywhere. The LifeProof Fre case can withstand all kinds of activities, whether you're climbing a mountain, kayaking down a river or running a cross-country course. What's surprising about the LifeProof Fre is that it only adds a couple of millimetres to the thickness to your device. It is completely sealed from

dirt and dust and also closed to snow and ice, so it can handle temperature extremes. And there's no need to be gentle with your smartphone either. The LifeProof Fre can handle a drop from two metres — something that's likely to break and scratch the device, not to mention shatter the screen. It's the same deal when going underwater — the case allows the device to be submerged to a depth of two metres. Don't worry about phone insurance; all you need is this case.

Price: \$179.95**Website:** lifeproof.com

GRIFFIN SURVIVOR CORE

Suitable for: iPhone and Samsung

Not all rugged cases for your smartphones have to be big and bulky. Griffin has a range of cases with everything from military grade all the way down in this Survivor Core series. This lightweight polycarbonate case has a clear back panel, so you can see and appreciate the look and design of your device, and has reinforced TPE corners to absorb the impact of any accidental drops. The edges are even moulded to give you a better grip on your phone, and there is easy access to the ports and buttons as well as unobscured outlook for the camera lens, so you can still snap away. The advantage of having a slim, rugged case such as the Griffin Survivor Core is that you have peace of mind about your protection while still being able to fit it easily into your bag or pocket as well.

Price: \$34.95

Website: griffintechnology.com



BALLISTIC HARD CORE TACTICAL

Suitable for: iPhone, Samsung, HTC, LG, Sony

This is the big daddy of rugged cases that can allow users to take their smartphones to the extreme. The Ballistic Hard Core is made from multiple layers of silicone and polycarbonate, with reinforced corners for added protection. There's also an added air gap between layers that provides extra shock absorption. Inside the Ballistic case your smartphone can survive a drop from a height of four metres, and it has a built-in screen protector to save your display

from scratches and other damage. There are strong yet easy-to-use latches that make taking the cover on and off even easier without compromising the level of protection in any way. All of the ports are also covered and protected from dust, dirt and water, and they can be opened easily to provide total access to the features of your smartphones. The Ballistic Hard Core Tactical also comes with a rugged holster with a swivel clip so you can carry the device anywhere hands-free.

Price: \$179.95

Website: goballisticcase.com

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REVIEWS

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RRP: \$169

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RRP: \$59.99 | Website: Soundwhiz.com.au



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Balance Ultra Ripped Protein is an ultra-high protein, low-carb and low-fat powder for the ultimate lean and ripped body. It contains whey protein isolate and whey protein concentrate with added thermogenic herb, amino acids and vitamins and minerals to assist in the release and transport of stored fat and energy. The formula includes green tea extract, caffeine, carnitine, chromium, choline, inositol and garcinia cambogia, and is now available in delicious Salted Caramel flavour as well as Chocolate, Vanilla Latte and Cookies & Cream. Made in New Zealand, Balance Sports Nutrition guarantees quality and purity.

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Website: www.balancesportsnutrition.com



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Website: www.safcol.com.au



GET (AND STAY) IN SHAPE

Bulk Nutrients' AM Burner is a leaning blend that uses a combination of ingredients that have been proven through research for several decades, as well as more recent cutting-edge ingredients. Effective fat-burning is best done using multiple pathways (fat metabolism and increased

energy expenditure, impairing fat absorption, and increased satiety as well as increased fat oxidation during exercise). AM Burner combines 14 ingredients that work through different mechanisms and are likely to lead to synergistic effects. If you want to get in shape, then this product is a must.

RRP: \$33

Website: www.bulknutrients.com.au/products/am-burner-advanced-weight-loss.html



LOOKING FOR A BETTER WHEY?

The team at UPROTEIN™ have nailed it with their super-affordable range of premium protein and supplements. Formulated by one of the largest sports nutrition companies in Australia, UPROTEIN™ is backed by more than 20 years of industry experience and delivers best-in-class formulas that are both effective and delicious. Using the best-quality proteins, pharmaceutical-grade amino acids plus proteins with added

digestive enzymes, this high-powered range of premium supplements is formulated for you to achieve your maximum muscle-building potential without breaking your budget. Offering superior formulations and unbeatable value (it's up to 50 per cent cheaper than similar American products), you can see why UPROTEIN™ is the brand Aussie lifters are talking about.

RRP: Various, from \$13.99-\$89.99

Website: www.uprotein.com.au



LOOKING FOR A BETTER WHEY?

UPROTEIN™ 100% Whey Protein Hydro + Enzymes is arguably the best-value protein powder available in Australia. Packing all the premium science you want, but without the premium price tag, this awesome-tasting protein is an instant favourite with Aussie lifters for a reason. Stop wasting cash on over-hyped, overpriced supps.

RRP: \$69.99 (2kg pack)

Website: www.uprotein.com.au

KEEP YOUR COOL

As active guys, we sweat a lot, and constant sweating can dirty our skin, leaving us with all kinds of problems. Although many of us don't like to use 'beauty' products, think of these as 'man' products, because they'll help you to look your best, so you can feel your best and, in turn, perform your best!



FRESH AND FOCUSED

PC4Men Face Wash cleanses your skin without making it tight or dry. It easily removes dirt and excess oil and rinses clean. The face wash can be used before or after shaving and works to soothe sensitive skin, reduce redness and help fight acne. It contains no added dyes, is 100 per cent fragrance-free and is clinically proven to be non-irritating. Containing anti-ageing properties, PC4Men Face Wash is ideal for all skin types and will leave your skin fresh, clean and ready to take on the day.

RRP: \$26

www.paulschoice.com.au



SUDS FOR STUDS

Developed by the true-blue team at Urban Swagman, the 100 per cent natural range of handmade soaps contain nourishing Australian essential oils to gently clean the skin and remove dirt, while moisturising the epidermis using a combination of rich shea and cocoa butter. Made specifically for male skin types, the natural soap range extends

to include the coffee-infused exfoliant Hands Off Snakey (there's a name you'll remember!), the stimulating tingle of Fresh Prints and the woody favourite Lumberjack Fantasies.

RRP: \$8

www.urbanswagman.com.au

YOUR PERSPIRATION PRESCRIPTION

Australia is a hot place, and although we get used to being constantly sweaty and dripping buckets in the humid conditions, it doesn't have to be this way. Neat 3B FaceSaver is a soothing gel formulation that evaporates rapidly from the surface of the skin, leaving the active, antiperspirant ingredient as a thin film, with an antiperspirant effect that lasts for several hours. When applied to the forehead, upper lip and back of the neck, it will

help you to perspire less and enjoy life more as you won't have to worry about looking like a sweaty mess when you get active every day.



RRP: \$16.95 | www.neatfeat.com

YOUR ACTIVE WAKE-UP CALL

Nip + Man's Daily Power Moisturiser is an energising day cream that hydrates and nourishes skin with a combination of active ingredients to moisturise and brighten the complexion. This power-packed formula gives dry, dull skin a wake-up call with smoothing ingredients to deeply hydrate. Daily Power Moisturiser is designed with caffeine extract to brighten the skin, while grape seed oil tightens and tones and jojoba oil soothes and nourishes.

RRP: \$9.99

Available from: Target nationwide





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3

WAYS TO ELIMINATE JOINT PAIN

Get less pain and more gain by reducing your risk of injury.

WORDS Scott Masson

TENDON, LIGAMENT AND JOINT INJURIES CAN HAVE A DEVASTATING EFFECT ON ANY FITNESS REGIME, TAKING MONTHS TO REPAIR AND EVEN LONGER TO FULLY REHABILITATE.

In fact, according to a recent survey of almost 1000 athletes, these kinds of injuries account for more time away from training than any other factor.

While it's true that a strenuous exercise regime will put a lot of stress on your joints and connective tissues, these tips will help you reduce your risk of developing serious injuries, which could in turn derail your training regime.



1. Increase your load slowly

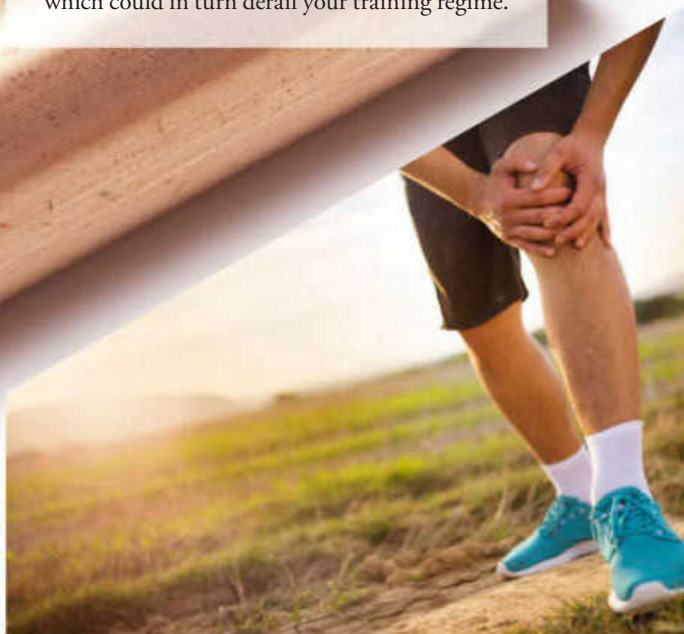
UKBFF competitor, nutritionist and personal trainer Jordan Cadore says that your tendons and ligaments only receive a small fraction of the blood flow compared to your muscles. Therefore, while your muscles can repair themselves quickly, your tendons don't get the same amount of nourishment, which is why conditions such as tendonitis take so long to heal.

Because tendons repair and strengthen much more slowly than muscles, it is critical you carefully control the rate at which you increase the intensity

of your training regime. Although your muscles are able to handle the extra stress of more weight, your tendons may not be able to. A good example of this is the high rate of tendon injuries¹ among those who use steroids, as the increase in muscle strength while on steroids far outpaces the increase in tendon strength during that time.

Over time, too much stress on your connective tissue can lead to chronic injuries such as tendonitis and ligament tears, so it's important that you slowly increase exercise intensity in smaller increments.

Photo Credit: Shutterstock.com



Scott Masson

Scott is a writer and content marketer based in London. His work has been featured in the *Guardian*, *Daily Mail* and *British Library*, to mention a few. He is an avid powerlifter and distance cyclist, and when he's not writing, he spends his free time learning Mandarin.

2. Nail your micronutrients

Athletes are obsessed with macronutrients, and with good reason: eating the right balance of protein, carbs and fats is the single most important aspect of any training regime in any sport. However, what far too many people neglect to pay attention to is micronutrients, which are fundamentally important for general health as well as good joint health.

You can give your joints a boost by supplementing your diet with the following vitamins, minerals and nutrients:

- **Glucosamine and chondroitin** are essential for strong joints and have been shown to increase the rate of repair for your connective tissues.
- **MSM** is another popular supplement that helps your body repair micro-tears and the small injuries your joints pick up during training.
- **Vitamin C** has been shown to expedite tendon and cartilage repair.
- **Fish and flaxseed oil** have long been known to help lubricate joints.
- **Multivitamin pills** are an essential supplement for anyone living an active life. Good multivitamins include zinc and magnesium; deficiencies of both can worsen joint problems.

3. Give yourself time to repair with deload weeks

Because your soft joint tissues require much more time to recover than your muscles, it's also a good idea to give them more time to repair. However, balancing rest time with an intensive exercise regime can be a bit of a tightrope walk.

Bodybuilders and powerlifters maintain fitness levels while giving their joints a rest with deload weeks. During deload weeks, bodybuilders dramatically reduce the amount of weight they lift, usually lifting only 50 to 60 per cent of their usual load. Therefore, their joints get a rest from heavy loads, but their muscles still get some stimulation.

Any athlete can adopt a similar strategy. For example, runners can reduce their distance for a week or, even better, diversify their training and spend a week swimming, cycling or doing weight circuits to keep fit while resting joints such as their knees and ankles.

Some fitness experts advocate having a deload week as often as every four weeks, while others say a couple of times a year is enough. Work out for yourself how often you need a deload by listening to your body and how your joints feel.

As an added bonus, deload weeks have also been shown to improve motivation, so you'll come back from your week away rearing to go. **MMH**

Reference | ¹ Michna, H. [1987]. 'Tendon injuries induced by exercise and anabolic steroids in experimental mice', *International Orthopaedics*, 11(2): 157-62.



+ SMALL CHANGES, MASSIVE RESULTS

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FITNESS MODEL Renee Silijeg | **IMAGE** Charlie Suriano



MAN'S BEST WINGMAN

While your mates may try to be awesome wingmen, let's face it, their success rate says otherwise. If you're still single, it's time to recruit the help of a proven chick magnet: your dog. A University of Nevada study found that 35 per cent of women were more attracted to someone simply because they owned a dog. And if your dog is a rescue animal, even better; 64 per cent of women said they'd be attracted to you. Women believe that your dog says a lot about your personality, and the way you treat it allows women to unconsciously size-up your parenting qualities. Be warned though; if you meet her pet, you better hope it likes you, as 76 per cent of women will evaluate you based on what their pet thinks. **MMH**



THE TIME-POOR MAN'S GUIDE TO GAINS

Short on time but not willing to compromise results?
This is the workout you need.

FITNESS MODEL Hector Olivera | **IMAGES** Dallas Olsen | **EQUIPMENT** CyberFit

If time isn't on your side, it can be hard to put in the hard work and get the physique you want. Luckily, there's a solution for any guy with results on his mind, but time not on his side: giant sets.

Not only are giant sets great for time-poor guys, they're also ideal if you're limited for equipment or competing with the after-work crowd. Pulling off a routine that trains your entire upper body intensely doesn't have to take hours or heaps of tools. It simply takes one weight bench, a pair of dumbbells and the right combination of exercises, organised into a single giant set that yields big results in minimal time.

WHY GIANT SETS?

Doing two exercises back-to-back with no rest is called a superset. Doing three is called a triset. But when you chuck four or more exercises in with no rest in between, that training technique is called a giant set.

- **Bonus 1:** Not only can this training technique be used to target one specific muscle group, but it can just as efficiently train several muscle groups in the one session.
- **Bonus 2:** By doing the exercises one after the other, you can cut your workout time by 50 to 75 per cent. So you can be in and out of the gym real quick — especially helpful if you're pressed for time. Racing from move to move also elevates your heart rate, and keeps it elevated, giving you an added cardio bonus that will burn additional calories and fat as fast as you build muscle.
- **Bonus 3:** It shocks your body. To remind muscles to grow, you have to break them down to the point where they're left with no choice but to adapt to the stress placed on them. You will fatigue your muscles beyond their limits, causing them to rebuild themselves even stronger than before.

THE WORKOUT

Warm up your muscles before beginning this five-move routine by doing some low-intensity cardio for five minutes to raise your core temperature and bring blood to all of your muscles.

Once warmed up, grab a pair of dumbbells and begin. Try not to rest between sets; instead, rest after you complete the five-move sequence.

Exercise	Sets	Reps	Rest
Flat-bench dumbbell press (chest)	1	8 to 10	None
Seated dumbbell press (shoulders)	1	10 to 12	None
Two-arm bent-over dumbbell row (back)	1	8 to 10	None
Two-arm lying dumbbell extension (triceps)	1	12 to 15	None
Alternating dumbbell curl (biceps)	1	12 to 15 (each arm)	None

After performing all five moves, rest for 90 to 120 seconds, then repeat. Do the entire routine three times (four if you're advanced).

// FLAT-BENCH DUMBBELL PRESS

SET-UP: Lie face-up on an exercise bench with your knees bent. Hold the dumbbells just outside your shoulders, along either side of your chest. Your palms should be facing forward.

ACTION: In a strong motion, press the dumbbells up and together in an arc to full arm extension. Pause for one or two seconds at the top and then lower the weights under control and repeat.

CHEST

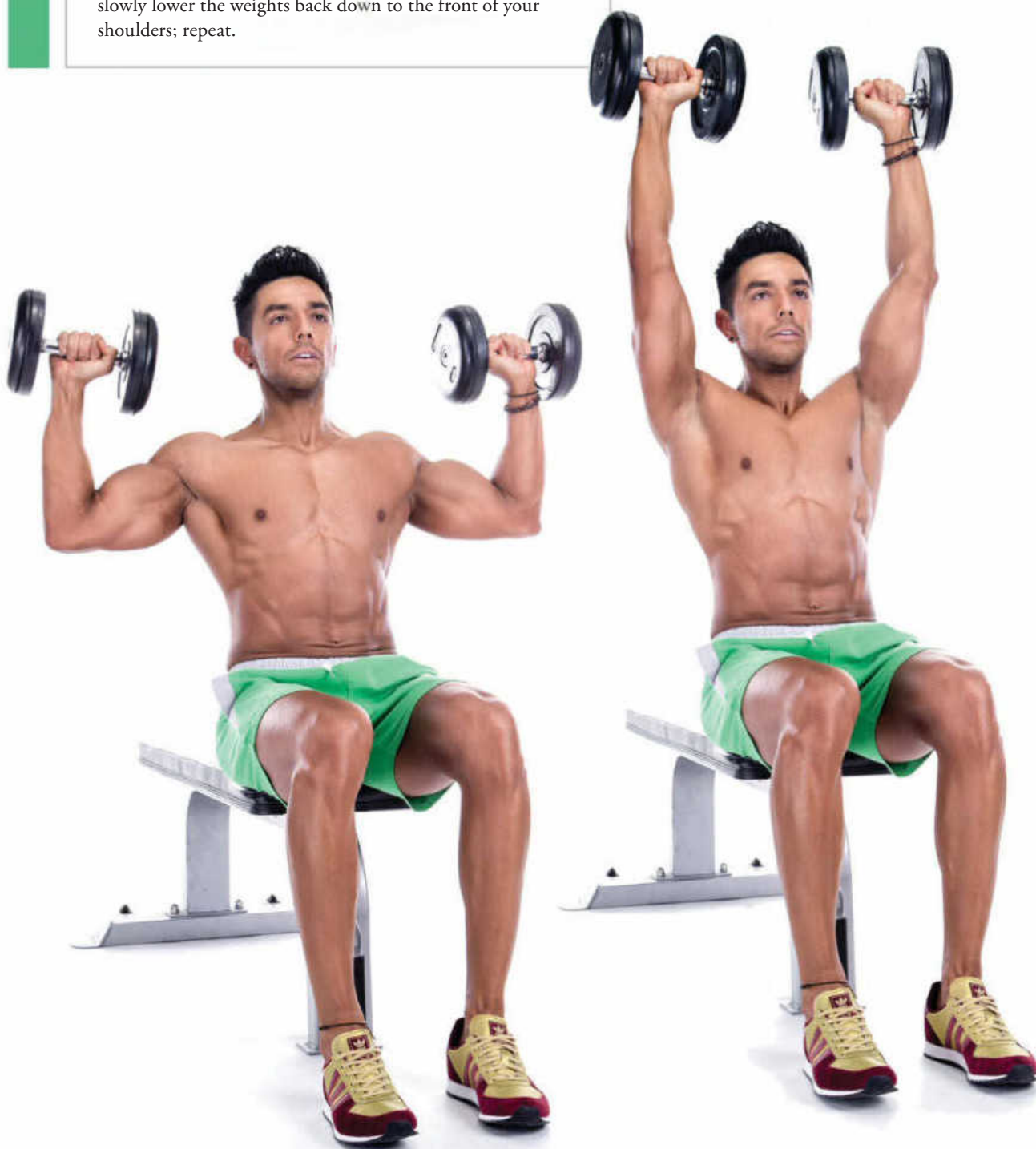


SHOULDERS

// SEATED DUMBBELL PRESS

SET-UP: Sit on the end of the weight bench, holding a dumbbell in each hand, with your knees bent and feet flat on the floor. Raise the weights up to your shoulders.

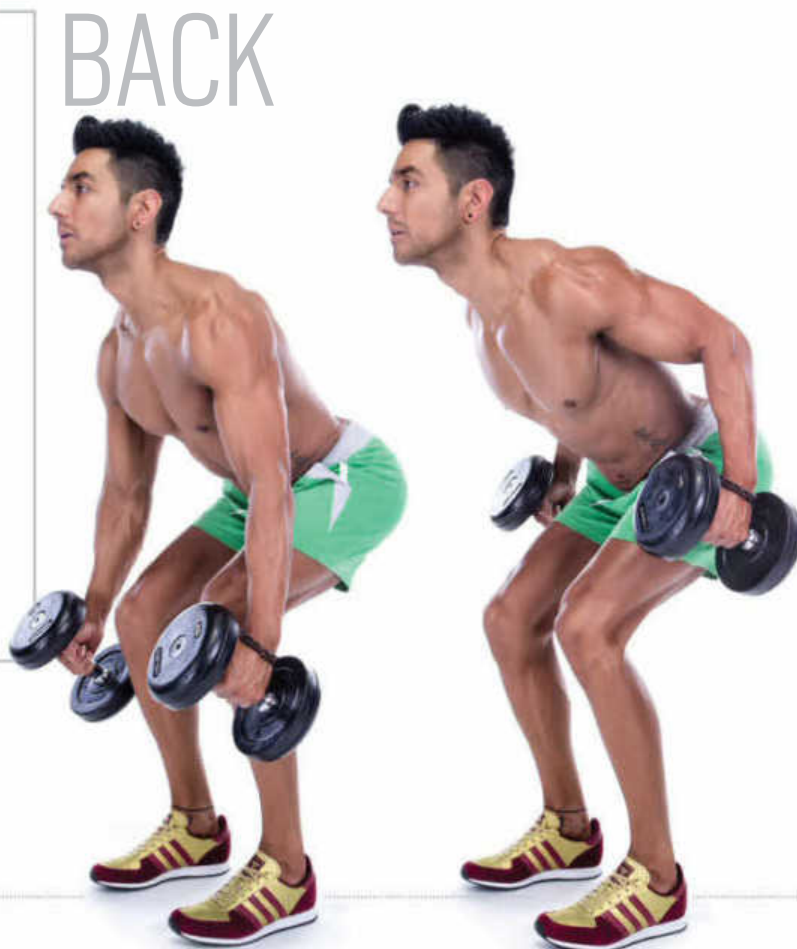
ACTION: Keeping your back straight and feet on the floor, press both weights overhead, until *your arms are straight*, elbows unlocked. Pause for one or two seconds and then slowly lower the weights back down to the front of your shoulders; repeat.



// TWO-ARM BENT-OVER DUMBBELL ROW

SET-UP: Stand up straight, with your feet hip-width apart and a dumbbell in each hand. Keeping your back flat, bend forward at the waist until your torso reaches 45 degrees. Hang your arms straight down below you, palms facing each other.

ACTION: Keeping your arms close to your torso, drive your elbows toward the rear until the dumbbells touch the sides of your torso. Retract your scapulae briefly for one or two seconds and slowly lower the weights back down until your arms are straight once more; repeat.



TRICEPS



// TWO-ARM LYING DUMBBELL EXTENSION

SET-UP: Lie flat on the weight bench with a light dumbbell in each hand, knees bent. Raise both weights over your chest so your arms are straight, and rotate the dumbbells so that your palms face each other.

ACTION: Without raising your torso off the bench, slowly bend your elbows and lower the weights down to the sides of your head. Slowly raise both weights above you by straightening your arms; repeat.

BICEPS

// ALTERNATING DUMBBELL CURL

SET-UP: Stand with your feet hip-width apart and a dumbbell in each hand, arms hanging straight down along your sides. Turn the weights so that your palms face in toward your thighs.

ACTION: Without moving your right arm, slowly curl the weight in your left hand. As soon as the dumbbell clears your thigh, turn your wrist so that the palms face up, and continue curling the dumbbell toward your left shoulder. Contract for one or two seconds, and then lower and curl the right arm up. Repeat alternating sides.

MMH



7 unconventional, yet effective, fat-loss tips you're probably not using

You have all the fundamentals in place: a good diet, a sound training program and the determination to drop body fat. But you're not quite as lean as you'd like to be.

WORDS Alex Fergus



Photo Credit: Shutterstock.com

You try all the tips and tricks that seem to work for others — adding in extra cardio

sessions, supplementing with fat-burners and cutting out all sugar — but they don't seem to have any effect.

Maybe it's time to try something a little bit different when it comes to fat loss — fat-loss tricks that only the world's top trainers are aware of, methods that the typical

gym-goer hasn't even heard of before...

It may be time to use some unconventional, yet highly effective, fat-loss tips and tricks!



Photo Credit: Shutterstock.com

1. Cold exposure

Cold showers, ice baths, winter ocean swims... You often see professional athletes using various cold therapy techniques to aid recovery. But did you know that cold exposure, or cold thermogenesis (CT) as it's referred to in the scientific community, is also a potent fat-burner?

You may think that being cold simply ramps up the body's metabolism to produce extra heat, and a higher metabolic rate means less body fat. This is true, but it is only scratching the surface of how CT works in regard to fat loss. Cold exposure has a far deeper

biological and hormonal impact on the body.

CT is proven to increase adiponectin levels¹. Adiponectin is a hormone that stimulates fatty acid oxidation in muscle cells by activating AMP-activated protein kinase. Or, in simple terms, cold increases adiponectin, and adiponectin burns fat². Not only that, but CT lowers blood sugar levels by burning glucose as heat³ and helps shunt blood glucose into muscle, helping speed up recovery times⁴. Clearance of excess blood glucose eliminates the possibility of blood sugar to be converted into fat by the liver — meaning a 15-minute cold

shower could be the perfect fix for that tub of ice-cream binge!

Finally, CT activates conversion of body fat — properly known as white adipose tissue (or WAT) — into brown adipose tissue (BAT)⁵. BAT is shown to be closer to muscle tissue in regard to metabolic function — meaning it is dense in energy-producing mitochondria (hence its brownish colour) and uses body fat (typically from the belly and back) as its fuel source. And here's an added benefit of CT for endurance athletes: BAT fat can be rapidly broken down into a useable energy.

Takeaway: Cold showers and ice baths are effective tools for those seeking lower body fat levels. Do five- to 10-minute sessions three to five times a week.

2. Infrared saunas

Saunas, for good reason, have been used for years as a fat-loss tool. Hyperthermic treatment (heat exposure) has been shown to help improve insulin sensitivity⁶, and poor insulin sensitivity is linked to obesity.

Infrared (IR) saunas provide not only heat that a traditional dry or steam sauna produces, but also a very specific wavelength of energy that has some unique effects on the human body by penetrating deep into the body.

IR saunas have been shown to have a direct positive effect on fat loss⁷, but it is their detoxing power that reaps larger fat-loss benefits. Although there is currently

little research on the subject, IR light and thus IR saunas are believed to help break down toxins stored in the body.

The body stores built-up toxins in fat cells (one reason why you should only consume organic, grass-fed meat and dairy). If the body cannot process these toxins (due to a sick or overburdened liver), you may never lose that belly fat, even under the strictest of diets. IR saunas allow the body to break down these fat cells.

This is a great tool for those who are trying to undo the effects of a poor diet and lifestyle or for those of us looking to lose those last few kilos.

Takeaway: Use infrared saunas once a week for their detoxifying and fat-loss benefits.

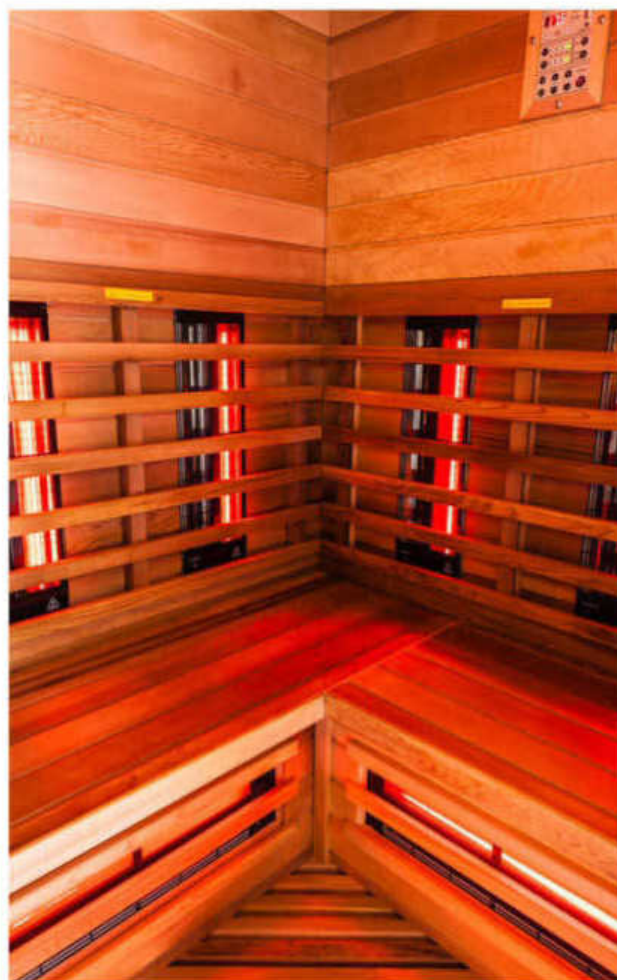


Photo Credit: Shutterstock.com



3. Fasting

Fasting is a great way to create metabolic efficiency and optimise the fat-burning process. Fasting is the simple act of going without food for an extended period. From a fat-loss point of view, fasting has been shown to improve insulin sensitivity, improve glucose uptake and lower body fat⁸.

Also, while you are fasting, your body is running off fat, strengthening the body's ability to use fat as its primary fuel, diminishing the need for carbs.

Humans evolved hunting and gathering, meaning our bodies are

designed to go extended periods without food. In fact, there are even benefits in doing so. In the same way that not taking a break from training can cause a host of problems, not giving your digestive system time to rest can also be damaging. Think of fasting as a way to allow your cells to 'clean house'.

There are many ways to incorporate fasting into your life. Some people use a 12-hour fast every day, while others prefer a fortnightly 24-hour fast.

Takeaway: Incorporate 12- to 24-hour fasts into your life for fat loss and health benefits.

4. Nicotine

Yes, this is highly controversial, hence why you won't see nicotine in your conventional fat-loss tips and tricks list. I need to make it clear that I don't condone smoking; tobacco has some extremely negative health effects. But nicotine on its own has been shown to be a powerful fat-burner.

Nicotine stimulates the release of epinephrine — adrenaline that boosts the body's resting energy expenditure⁹. Along with this stimulant effect, nicotine increases thermogenesis in

the body, turning the body into a heater — a heater running off body fat¹⁰.

Not only does nicotine have these potent fat-burning properties, but it also acts as a powerful appetite suppressant. Just look at the eating habits of someone quitting smoking — they start eating a lot more food! Bodybuilders have known this for years and often use nicotine gum or patches when dieting for shows.

Takeaway: Look at using nicotine gum or patches to help shred fat and suppress appetite. Combine nicotine with fasting and caffeine for the ultimate fat-burning effect. Note: nicotine is addictive and works best in a cycle; I recommend a four-week-on, four-week-off cycle.



Photo Credit: Shutterstock.com



5. Sleep

This may not be the most unconventional item in this list, as we all do it, but many of us don't sleep enough. Sleep is extremely important for fat loss. Sleep deprivation creates higher cortisol levels throughout the day, which is linked to higher appetites¹¹ — two things we do not want when we're trying to lose fat.

If you're in a constant state of sleep deprivation, burning the candle at both ends while trying to drop body fat levels, you may need to shift your priorities. Instead of getting up at 5.30am to do that fat-loss class, you're probably better to get an extra hour of sleep. Coach's orders!

Takeaway: Aim for seven to eight hours of quality sleep a night, even if that means skipping training sessions.



6. Probiotics

As more evidence continues to come out showing the relationship between gut health and overall health, it shouldn't surprise us that poor gut health is linked to higher body fat levels.

One of the best ways to look after gut health is by consuming probiotics, either in the form of fermented foods or as supplements. Research has shown that consuming a diet rich in probiotics leads to a reduction in body fat and lower subcutaneous fat areas in the absence of diet and exercise changes¹².

If you can't afford probiotic supplements, simply eat probiotic-rich foods such as sauerkraut or kefir every day.

Takeaway: Look for ways to include probiotics (supplements of natural sources) into your diet every day to help you achieve your fat-loss goals.

7. Sunlight

Free, life-giving sunlight is the final tip in the list of unconventional ways to lose fat. Sunlight contains UV-B light, and UV-B light exposure on the skin leads to vitamin D synthesis.

A lot of the population is deficient in vitamin D, which is unfortunate as this hormone (yes, vitamin D is actually a hormone) is a precursor to sex hormones such as testosterone. Higher levels of testosterone are linked to lower levels of body fat.

If you're thinking of simply taking a vitamin D supplement for its fat-burner effect, you may want to think again. Research has shown that UV radiation from sunlight is far more effective than simply supplementing with vitamin D when it comes to suppressing the development of obesity and fat gain¹³.

Takeaway: Get a little sun exposure each day; not only will it help boost your testosterone, lowering body fat levels, but your newly uncovered six-pack abs will look much nicer on a tanned body!

Implement these tips alongside your current training and diet plan and you'll be well on your way to a lean physique you've always dreamt of. **MMH**



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Alex Fergus

Alex is a blogger, personal trainer, writer, entrepreneur, online coach and Lifetime Natural athlete. Alex has trained and competed in various sports on the international level, ranging from rowing to powerlifting to bodybuilding. He has been involved in the health and fitness industry for more than six years, working as a personal trainer for aspiring athletes and a health coach for some of Sydney's top businessmen and women. Alex's education and knowledge on all things health and fitness is in-depth and diverse, certified in sports nutrition through ISSN, a qualified Super Human Health Coach, registered as a Recomp specialised body composition coach, along with his more formal fitness certificates and a business degree.

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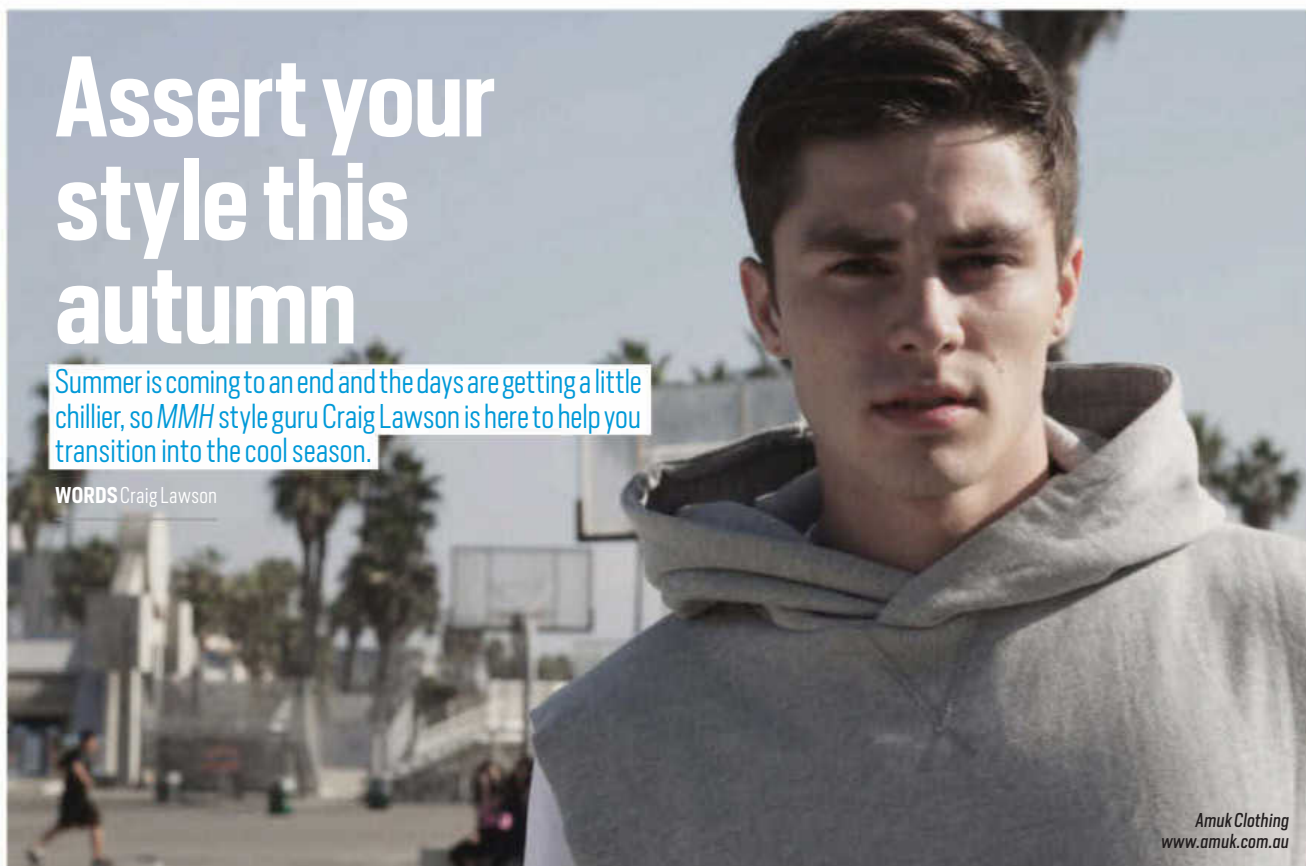


Optomo

Assert your style this autumn

Summer is coming to an end and the days are getting a little chillier, so MMH style guru Craig Lawson is here to help you transition into the cool season.

WORDS Craig Lawson



Amuk Clothing
www.amuk.com.au

As much as it sucks that the days are getting a little cooler and you can no longer make a statement with your biceps on display in muscle tanks, you can make another kind of statement. And that is with your autumn style — layers, jackets and denims. Apply these tips and you'll be oozing a casual confidence and keeping warm if a cool breeze picks up this autumn.



Idris Elba + Superdry
Runner Cross Neck Hood
RRP \$154.99



Idris Elba + Superdry
Runner Crew Sweatshirt
RRP \$135

Live in layers

Autumn weather can get a little crazy, so wearing layers is an effective way to avoid getting caught out in the cold. Make it easy by having a spare top on hand to add or remove as the vibe requires. Throw a shirt over a tee — you can always remove the shirt if it heats up or undo the buttons for a relaxed style if the weather chills kick in. A singlet under a jacket can be an effortlessly cool move and handy if you head to the beach for a surf; just remove the jacket for casual comfort. Golden Globe-winning actor Idris Elba and fashion brand Superdry have teamed up to launch a premium sporty menswear collection. Their collaboration has delivered a mix of durable lifestyle pieces with a strong influence from Elba's urban gritty signature style. Look out for their designer hoodies that will be perfect for hitting the gym.

Photo Credit: Shutterstock.com

Throw on a jacket

Leather jackets ooze sex appeal and give instant rock-star cred. Quality leather wears better with age, so spend a bit more money on a great piece and it will be worth your while. A light trench coat is a great statement piece and adds business panache for career professionals looking to lift their fashion game. Outside of work hours, team the trench coat with a white tee, denim and ankle boots for a sophisticated look. The classic movie *Top Gun* put the bomber jacket in the spotlight, and it's a very versatile piece of clothing. Bomber jackets look great with shorts or denim pants and can be dressed up or down to go with the flow. They can easily be thrown over workout gear, taking you from the gym to the street in a beat. Team with a piece from the new Edition Watches collection and you're ready to fly high in the fashion stakes.

Idris Elba + Superdry
Leading Man Leather Racing Jacket
RRP \$849



Diesel
T-Joe
RRP \$140



Idris Elba + Superdry
Monogram Reversible Bomber
RRP \$449



Edition Watches
RRP \$220



Rely on denim

Denim is a guy's best friend when it comes to clothing, as it's tough, goes with anything and, most importantly, is easy to wash. This season, super-tight denim pants are out — let's face it, denim that looks painted on is not that comfortable and especially not good for your manhood! The top trend this season is rugged denim pants; they look slightly worn, with creased detail for masculine appeal. International brand Diesel continues to lead the charge with streetwise designs made from quality fabric. Opt for denim that hugs in all the right places and enhances your hard work in the gym. Double-denim is a new trend revived from the '80s and has launched the return of the denim shirt. This means denim up top and down low. Just don't wear the same matching colours; go for different shades to give it your own unique twist. If choosing a denim shirt, stay away from the cowboy style and try a tailored light garment with chunky metal buttons for an edgy twist. Finish the look with ankle boots; tan is always a safe, neutral colour, and these will see you through the winter months too. High-tops are all the rage right now, so choose styles that will stand out! **MMH**



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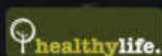
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Why magnesium and zinc could be the secret to next-level results.

WORDS Brad Cunningham



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best



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Brad Cunningham

Brad is a qualified neuro-linguistic programming (NLP) practitioner, personal trainer, and owner of The Fit Shop, one of Australia's leading transformation centres. With more than eight years' experience in the industry, and as a master rehab trainer and physique coach, he is most passionate about helping people transform their lives from the inside out. His simple approach to transformational change focuses on mindset, nutrition and training — bringing all these pieces of the puzzle together in a simple and achievable way. For more information visit www.thefitshop.com.au

In an ever-changing world where foods are becoming less nutritious, work loads are becoming larger and training is becoming tougher, it's important we top up our intake in essential vitamins and minerals.

While it almost goes without saying, if our diets were perfect, we wouldn't need many supplements, or any at all. If we could all grow and make our own foods and beverages and know exactly what was in them, and if we could time our intake of proteins, fats and carbs perfectly around our training sessions in the form of meals with real food, we'd be fine. However, it's just not realistic for us all to live this way all the time.

Hence where supplements come into play. Their purpose is to supplement an already good diet; they should not replace real food and, where you can, you should always aim to get your nutrients from food. But, as I mentioned, it's getting harder to do that, so as long as you're doing everything right with your diet, you can supplement without having to worry.

However, if you're eating like crap and slamming down five protein shakes a day, you're just adding more calories to your daily total and are likely to still be missing out on many essential nutrients, vitamins and minerals.

If you're interested in taking your results to the next level, feeling at your best, and staying that way, then keep reading. Magnesium and zinc are vital tools in your supplement arsenal. Let's take a look at them.

Mg

MAGNESIUM

This little gem is one of the hardest-working micronutrients and is responsible for more than 300 processes in your body. In particular, it helps with muscle function and repair, heart health and quality of sleep, just to name a few.

Some athletes can show signs of deficiency in magnesium, most probably due to excess sweating. Although burgers and beers may seem like the perfect weekend to some guys, it's this kind of diet that's another culprit for a deficiency in magnesium. This is why it's important to keep your diet in check and consistent.

If you're falling short of the recommended intake of the 400mg of magnesium per day, then you're probably like most men who are only consuming about 80 per cent of the RDI. To increase your magnesium intake through your diet, try incorporating some of these foods: dark leafy greens, nuts, seeds, fish, beans and even dark chocolate. You may want to supplement with this bad boy if you're training hard and pushing yourself and not seeing optimum results.



Zn

ZINC

Zinc is vital in promoting a healthy immune system, fighting off diseases and healing wounds. When you're working hard, training hard and generally under the pump, it's important to maintain a healthy immune system — let's face it, none of us have time to be sick! So, along with other vitamins and minerals, zinc should be included in your supplements.

Zinc is a key mineral used in cellular metabolism and is important for reducing inflammation in the body. Inflammation, especially gastrointestinal inflammation, is a concern for a lot of people, as they can't break down their foods or absorb the nutrients efficiently.

Zinc is also responsible for DNA, protein production and protein synthesis. Essentially, zinc plays a big role in your body's ability to break

down proteins into amino acids (the building blocks for your muscles) and promote repair and healthy function.

So, with all that in mind, it's important you keep your levels in check. Aim for the recommended 12-14mg a day and you'll be operating like a well-oiled machine. You can also increase your intake of zinc naturally through your diet. Try adding some of these foods into your meals:

- Meats such as pork and beef, and also darker cuts of chicken such as thigh fillets.
- Seafood such as salmon, oysters, crab and lobster (great excuse for a date night).
- Kidney beans, flaxseed, spinach and egg yolks.

Both zinc and magnesium have been found to improve the body's natural

levels of testosterone as well — great news if your goal is to stack on some kilos of lean muscle, as higher levels of testosterone aid in building muscle!

And if you're someone who hasn't been taking care of his diet or currently has a poor lifestyle, it's likely you're lowering your levels of testosterone and increasing your levels of oestrogen (the female hormone). To put it simply, you're becoming more like a lady.

If all this hasn't prompted you to at least think about increasing these nutrients in your diet, then maybe his next point will. Zinc is a commonly used supplement to aid in the treatment of erectile dysfunction, as many guys suffering from this are deficient in zinc.

As always, though, it's best to speak with your GP, naturopath or dietician to know what your specific needs are and how to meet them. **MMH**



Photo Credit: Shutterstock.com

Stabilise those hips and save your knees

Learn how to prevent knee problems so you can give your training program 100 per cent.

WORDS Stent Card (MPhty, BExSc)

Our body works as a unit, known as the kinetic chain. The kinetic chain connects and links one area of our body to another. Because the body works as one, if one area is not functioning as it should be, we may start to see issues arise in other areas of the body. Control of our body is brought about by the interaction between the local and remote passive structures, muscles and the neuromotor control systems.

// Importance of hip control

Common lower-limb injuries involve ligament (especially in the knee, including ACL rupture or sprains) and ankle sprains. Another issue we commonly see at the knee is patellofemoral pain (PFP). PFP is a general diagnosis given to those with knee pain that is thought to occur due to repetitive lower-limb loading. PFP is simply an irritated knee, and most people with PFP will still have it one year after onset. It can potentially have a large impact on a person's training and performance.

Hip weakness is a common area of focus during rehabilitation and performance of the lower limb; however, the term 'weakness' can be portrayed incorrectly. Due to this kinetic chain relationship, the lower limb is heavily reliant on stability, strength and control from around the trunk and pelvis. While studies have not identified isolated muscle strength to be a major contributing factor to knee issues, it is still part of the picture. So when assessing motion around joint isolating muscles won't give you a clear picture, you need to examine how the muscles integrate to cause and control movement.

Body weight is transferred from the spine through the sacroiliac joints and on to the pelvic region. From here, forces are transferred through the femur to the knee, ankle, foot and then the ground. Slight variances in stability and strength from the trunk and pelvis will have an impact on how the lower limbs function and may have injury consequences.

From a postural point of view, there are still differing opinions on what is 'neutral' and what is 'ideal'. Neutral is considered the midpoint of our possible pelvic rotation of forward and backward. The two different stances shown below will impact on how our upper and lower limbs operate. More and more we are seeing people stand, sit and even lift with a body that resembles the picture on the right. The position of the pelvis is important, as it is thought to dictate muscle function efficiency and stability. We need to start well to finish well.

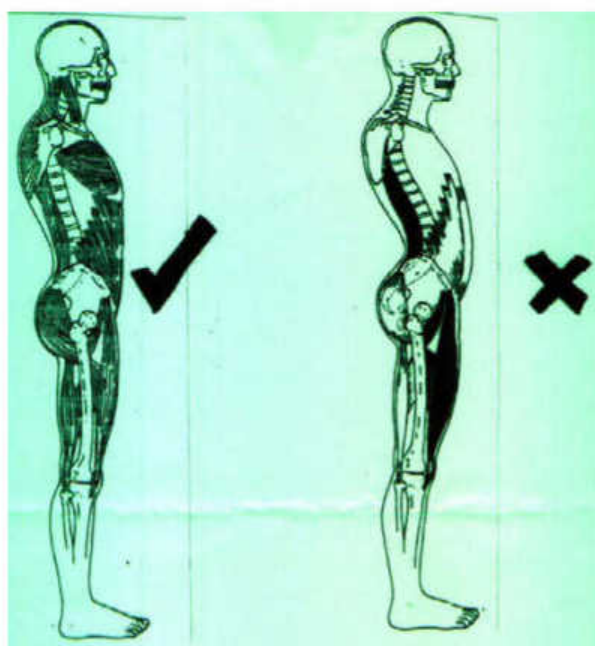


Photo Credit: Photos supplied by Stent Card

// Biomechanics

Deficits in lower-limb movement and postural stability are predisposing factors to the development of injury. So what movement occurs at the hips? The hip movement available and required movement to be controlled consists of:

- medial rotation,
- lateral rotation,
- flexion,
- extension,
- adduction, and
- abduction.



Another important movement that needs to be controlled by the hip musculature is that of 'hip drop'. As demonstrated by the picture below, ideally when we stand on one leg our pelvis maintains a straight position (A). However, in conditions where there is reduced control or strength, a drop to the leg we're not standing on occurs (B).

This is an important movement to control during single-leg standing, running, change of direction, landing, lunging and squatting to name a few specific activities. It's important as it changes the angle of the knee.



Possible overloading risk factors for the lower limbs include:

- reduced trunk strength,
- reduced hip strength,
- hip drop,
- increased internal/medial rotation, and
- increased knee abduction.

// Important muscles

The trunk, commonly referred to as the core, is very important for lower-limb function. As discussed by Keith L. Moore in *Clinically Orientated Anatomy* (now in its seventh edition), our lower limbs are an extension from our trunk designed to support our body weight, maintain balance and aid movement. This includes the gluteal region, commonly known as the buttock. It is extremely important as it is the transitional area between the trunk and lower limbs. It includes the pelvic girdle and your hip joint.



The important muscles here are the gluteus maximus, gluteus medius and gluteus minimus. The gluteus maximus extends the thigh and aids lateral rotation, keeping the knee in a good position. The gluteus medius/minimus abducts and medially rotates the thigh and keeps the pelvis level during single-leg, weight-bearing activities.

We also have deep-stability muscles around the hip. Their job is to keep the head of the femur positioned correctly and to aid lateral rotation and abduction of the thigh, depending on if it is flexed or extended.

The muscle that aids hip flexion (lifting your knee up) is the iliopsoas. This is a two-part muscle made up of the psoas, which mainly stabilises, and iliacus, which is responsible for movement. This muscle crosses the hip joint at the front whereas the gluteus crosses the hip joint at the back.

Further down the chain we have the femoral (thigh) region, including the muscles of the hamstrings and quadriceps, adductors and the femur bone. This then becomes the knee region, which the above muscles cross over. Because the knee joint is the middle zone of the gluteal and foot regions, it requires a great amount of stability and control from joints above and below it. The gluteal and foot regions are just as important as each other in overall control.

Below the knee region we have the leg region, commonly known as the shin. This consists of your tibia and fibula, which are made up of the calf muscles, gastroc and soleus. We also have other important muscles around this region that have specific control of the ankle, controlling the arch and the in-and-out motion of the foot-ankle complex (supination and pronation).

At the end of this chain we have the ankle and foot region, which we get a lot of information from regarding balance. Ankle stability is important, especially in jumping and change-of-direction sports.

Two types of movement occur at the hip and pelvis: one is the femur moving within the socket of the pelvis (acetabulum) and the other is the acetabulum moving on the femur. Simply, our

muscles function in two different ways, either being stabilisers or movers.

// How to test for an issue

The goal is the ability to control and alleviate the forces that occur at the knee, as you want to minimise the risk factors discussed earlier. The control of your lower limb can be assessed using the following exercises/tests:

- single-leg balance,
- star excursion balance test or the Y balance test,
- side plank,
- two-legged squat,
- overhead squat,
- single-leg squat,
- two-legged jumping, and
- single-leg jumping.



The Y balance test.

If a person can squat with light loads and keep good position of their knees tracking over the toes and achieve at least a 90-degree depth, then they do not have a significant mobility or coordination issue.

As stated above, we are looking to see if:

- the trunk shifts,
- the hips shift,
- the hips drop, and/or
- the knee collapses in or out, not maintaining position over the toes.



Left: good position. Right: common faults.



Kelly Starrett, a well-known therapist, demonstrating knee position.

// Training

Control of the lower limb is based around strength, balance and coordination. Therefore, strength is only one aspect that should be targeted during rehabilitation. Retraining control of hip movement might be equally or even more important than focusing on hip strengthening during rehabilitation.

Training can be as simple or as complex and fancy as you want to make it. However, my advice is depending on which tests you underwent, if they revealed poor lower-limb control, you can just practice or work on the remedies for those aspects. It is that simple. Overload it

via weight, increase the time or repetitions, or alter the surface if you're doing balance work.

// In summary

The relationship between weak proximal musculature and movement impairments of the lower extremity is a commonly accepted issue for multiple-knee pathologies. Reduced endurance and delayed activation of the glute musculature have been noted in people with lower-limb issues and even back issues. However, it's unclear whether it's a chicken or egg scenario: does the weakness come as a result or is it the cause of the issue?

This suggests that hip-strength deficits become more prominent following the development of lower-limb symptoms, possibly as a result of disuse and fear avoidance to movement. We not only need to treat muscular weakness, but also control it.

Happy heavy and safe lifting. **MMH**

If you have any training or particular injury questions, you can contact Stent Card on social media (Facebook: www.facebook.com/TheRehabman, Instagram: [stentcard](https://www.instagram.com/stentcard)) or at Kawana Sports Care (07) 5444 2133.

REAL-LIFE ACTION HERO

British ex-military and security operative turned TV personality, actor and fitness model David McIntosh shares his journey of hard work, adventure and using his profile for the greater good.

WORDS David McIntosh

FROM AS EARLY AS I CAN REMEMBER, IT HAD ALWAYS BEEN MY AMBITION AND DREAM TO BE IN THE MILITARY, AND IT WASN'T JUST BECAUSE BOTH OF MY PARENTS AND MY BROTHERS HAD SERVED. I BELIEVE IT WAS AN INBUILT SENSE OF ADVENTURE AND DANGER THAT I WAS ALWAYS LOOKING FOR.



Photo Credit: Steve Guzman

An early love of training

From the age of 10, I always pushed my body to the limit. I would religiously do my four sets of 50 press-ups and four sets of 10 pulls-ups before and after school. It sounds silly, but there is not one day I wouldn't do them in fear of becoming weak. I was into all kinds of sports and participated at a high level in football, rugby, boxing and athletics, but knew a career in any of these wouldn't test me in the way I wanted to be tested!

At the age of 11, I watched a recruitment video about Royal Marines Commando training and instantly knew I had found my mission in life! It

mesmerised me — it was like becoming a real-life action hero, getting to be like Arnie and Sly Stallone.

From that day on, I would hone everything in on becoming a commando. My dad would take my brothers and me to his police gym and train us until we threw up. Weighted rope climbs, burpees, boxing, sprints... We would go hard for 30 minutes non-stop, and I absolutely loved it! If it wasn't my dad making me sick, then it was me pushing myself to the edge. I'd do weighted runs in the hills just to get that insane leg power — power that I knew was needed in the marines.

Physically and mentally ready

By the time I left school at 16, I was physically and mentally ready for training. Nothing was going to stop me. Royal Marines training is 32 weeks' long and is known to be the hardest and longest infantry training in the world.

One of the final commando tests you must complete in order to obtain the coveted Green Beret is running 50km over mountainous terrain, with a weapon and 20kg of kit on your back.

Within the first 10 weeks I won an award for being the fittest in the troop. The training was brutal in every

way you could imagine, but I was never, ever going to give up. Out of the 70 who started, only 10 of us finished.

I spent seven years in the marines and was able to do everything I wanted. I saw action all over the Middle East, Afghanistan, Iraq and Somalia, and learnt skills not many normal people would.

I left with a huge sense of achievement, but after achieving something so great so young, it left me wondering — what else out in the civilian world would mount up to such a feat? ▶

The strength of a gladiator

Right before leaving the marines I applied to be a contestant on the TV show *Gladiators*. I originally auditioned as a contestant for the show, but after all the physical tests, they thought I'd be better suited for a role as a gladiator. It was amazing, and after a further three auditions, I got the part. It was great being part of the show. I was able to showcase my strength and charisma to the whole world.

Life these days

Since my gladiator days, I have continued to be in the media world. I can't say it's as exciting as fast-roping 40 metres out of a helicopter, or coming under enemy fire, but now I get to do other things I love, such as hyping up an audience and being more creative.

My training these days is as intense as ever — fast-paced with zero water breaks. I'm currently pushing a new regime of mine called MINUS 5. Basically, in five minutes of insane training, I aim to totally exhaust the body. I do this by focusing on one muscle group, creating 10 exercises and hitting each exercise hard for 30 seconds each.

I try not to use weights so that anybody, anywhere, can do these circuits — no excuses! The tutorial workouts can be found on my YouTube channel: KingDavidMcintosh.

A voice for motivation

Anyone with a large social profile should take advantage of it, but I don't mean for selfish, personal gain. You should use your voice to help motivate others! I love working with the youth, especially young lads who have absent fathers and lack good role models in their lives.

I used to do a lot of work with high schools and local community centres in the more impoverished areas of England. I would take the kids out for military-style circuits. Afterwards, we'd talk about life, about their goals and about my journey. They loved it, and I could tell what these guys needed was a strong figure to look up to.

What you are exposed to as a young adult has a huge effect on your mindset. I think



Photo Credit: Steve Guzman

me going there with a huge amount of positivity had a massive effect on them, especially those who came from broken homes.

Talking about taboos

It only came to my attention when moving to Australia that there are charities involved solely with the prevention of suicide. Back home in England, I never came across any, and I think a lack of open discussion due to it being a somewhat taboo subject is the real issue.

When I saw the work that The Official Top Ten Night was doing, it really impressed me. The unique and intimate Top Ten Music and Top Ten Movie events aim to get people talking about mental health and suicide prevention and bring people together who are struggling with those issues and talk about other common interests, while raising awareness of mental health issues.

I encourage everyone to get involved. Find out what you can do by visiting www.officialtoptennight.com **MMH**

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Five reasons to drink coffee before a workout

Why coffee may be the pre-workout you need.

WORDS Joe Bishop

If you're like the vast majority of people, your day starts with a cup of coffee despite conventional warnings that it may not be all that good for you.

Author of *The Warrior Diet* and *Unlock Your Muscle Gene* Ori Hofmekler researched coffee comprehensively and determined that when consumed the right way, it can be used as a health- and fitness-enhancing tool. Ori specifically outlined the benefits of drinking coffee prior to a workout, which is the focus of this article.

Contrary to conventional advice that coffee raises your

blood pressure, coffee does seem to have functional benefits if consumed pre-workout. A Spanish study published in the *International Journal of Sport Nutrition and Exercise Metabolism* found that trained athletes who consumed caffeine as their pre-workout burnt 15 per cent more calories for three hours post-workout compared to those who consumed the placebo.

According to Ori's research, consuming approximately 150mg of caffeine pre-workout can increase your metabolism by up to 20 per cent. Plus it has other functional benefits when taken as a pre-workout. These include:





1. **IMPROVED ENDURANCE:** A 2005 meta-analysis concluded that caffeine can reduce your perceived level of exertion by more than 5 per cent, effectively making your exercise feel easier. Moreover, the same study showed caffeine improved exercise performance by 11 per cent, which is related to reduction in the perceived level of exertion.
2. **PAIN REDUCTION:** Research from the University of Illinois found that consuming coffee one hour prior to a 45-minute-long workout reduced the participants' levels of perceived muscle pain. Consuming the same amount of coffee an hour before training reduced post-workout muscle soreness by up to 48 per cent. To put this into perspective, studies using naproxen and aspirin achieved a reduction of only 30 per cent and 25 per cent respectively.
3. **MUSCLE PRESERVATION:** Coffee has also been found to trigger a mechanism in the brain that releases a growth factor called Brain-Derived Neurotrophic Factor (or BDNF). BDNF supports the neuromotor of the brain, as well as muscles, where it acts like the ignition of the engine that is the muscles, and without it muscle atrophy occurs. So, in this respect, coffee may help maintain more youthful muscle tissues.
4. **IMPROVED MEMORY:** BDNF also activates brain stem cells to convert into new neurons in the brain, which has a definitive benefit to your brain. Research conducted by John Hopkins University found that drinking 200mg of caffeine enhanced participants' memories for up to 24 hours.
5. **IMPROVED MICROCIRCULATION:** According to *Health* magazine, a Japanese study discovered that people who did not consume coffee regularly had a 30 per cent boost to their capillary flow after consuming 140mL of regular coffee. Improved blood circulation typically equates to improved oxygenation of your tissues, which may boost your exercise performance.



That's five pretty good reasons on the plus side of drinking coffee as a pre-workout. However, they come with some important caveats to consider.

Consuming coffee with milk, cream, sugar or artificial sweetener will eliminate any health benefits that coffee may have. Some studies have also referred to the use of caffeine directly, as opposed to coffee, and it's important to understand

that consuming caffeine in isolation could be toxic. Consumption of coffee should never exceed two cups per day. Coffee is a potent substance, and if consumption is abused, it can have adverse effects on your adrenal glands, causing exhaustion. Coffee is also a diuretic, so it is important to stay hydrated whenever it is consumed. Coffee should only be consumed pre-workout

if you're aiming to build muscle. Caffeine has been shown to inhibit mammalian target of rapamycin (mTOR), the mechanism that increases protein synthesis in your muscles.

Also, women should avoid consuming coffee while pregnant, as caffeine can easily pass through the brain barrier and placenta and is also transferred into breast milk. **MMH**



Joe Bishop

Joe is a personal trainer with a focus on boxing at Nitro Boxing Fitness Centre (Chermside, Brisbane). He has been in the industry for six years after completing a Bachelor of Medical Science at QUT. He is also a Level 2 Strength and Conditioning Coach and has travelled overseas to implement his position in various international rugby union teams.

Living the life he dreamt of

International fitness and fashion model Ryan Greasley shares how he went from merely 'existing' to living and loving life every single day.

WORDS Kirstin Cuthbert | **IMAGES** Dallas Olsen

/// STATS

Name: Ryan Greasley

Location: Brisbane, QLD

Age: 25

Occupation: International fitness
fashion model

» CONNECT WITH RYAN

Facebook: Ryan Greasley

Instagram: @ryan_greasley

Before starting down the road of modelling and fitness, Ryan Greasley struggled with body image issues. Describing himself as 'existing' rather than living, he dedicated himself to getting in shape and creating a career in the modelling industry. Today, Ryan has found confidence and a sense of purpose and is inspiring others by living life as his best self.

Ryan used to suffer from a negative body image. He never enjoyed who he was, and it affected him in all areas of his life.

"I just existed; I wasn't living," he says. "For as long as I can remember, I always felt overweight. I didn't look like the rest



of the guys I saw at the gym or in magazines. It destroyed my confidence levels.”

With a desire to feel good about himself, Ryan began to work out and eat better. He would post updates on his progress on Instagram and was soon discovered by industry professionals. These professionals helped guide him in the direction he wanted to go, and Ryan began his career. “Choosing to go down this path of bettering myself

“I DON’T MAKE FITNESS MY WHOLE LIFE; I MAKE FITNESS WORK WITH MY LIFE AND HAVE FUN WITH IT.”

opened so many doors,” he says. “These doors have led to some huge opportunities that only a very select few people may experience in a lifetime.

“I am very fortunate to be where I am today. Life right now is way better than I could

have ever imagined... Now I’m living!”

Full of confidence and happiness, Ryan is no longer hiding behind extra clothing so people can’t see his body. He is putting himself out there

and inspiring many others through his efforts.

“I love having the opportunity to inspire people through my social media pages and show them that anything you really aspire to be can come true, as long as you work hard to achieve it,” he says.

Believing he shows a realistic, healthy and achievable way of getting the body people dream of, Ryan takes pride in his balanced approach.

EAT LIKE RYAN

Meal 1: Protein shake (1 banana, 1 cup of oats, 2 strawberries, cinnamon, handful of baby spinach leaves, 5 almonds, 1 scoop of vanilla protein and 1 tablespoon of natural Greek yogurt, blended together with water)

Meal 2: Omelette (5 egg whites and 2 whole eggs, with a small amount of chilli powder and spinach)

Meal 3: 220g chicken breast, 100g brown rice and 100g green beans

Meal 4: 220g fish and 200g green beans

Meal 5: 220g chicken and 200g green beans

Meal 6: 250g steak and 200g green beans with salad

Meal 7: Protein shake

TRAIN LIKE RYAN

Monday: Legs and abs

Tuesday: Chest, abs and cardio

Wednesday: Back and abs

Thursday: Shoulders and abs

Friday: Arms and abs

Saturday: Abs and cardio

Sunday: Rest



"I don't make fitness my whole life; I make fitness work with my life and have fun with it," he says.

Ryan also finds his focus on nutritious and healthy foods has allowed him to achieve the physique he always wanted.

"Your diet can make you or break you," he says. "By eating the right foods and putting in the dedication, you can get the body you have always dreamt of."

While initially making changes to just feel better about himself, today Ryan believes the most rewarding part of his journey is the people he gets to motivate every day.

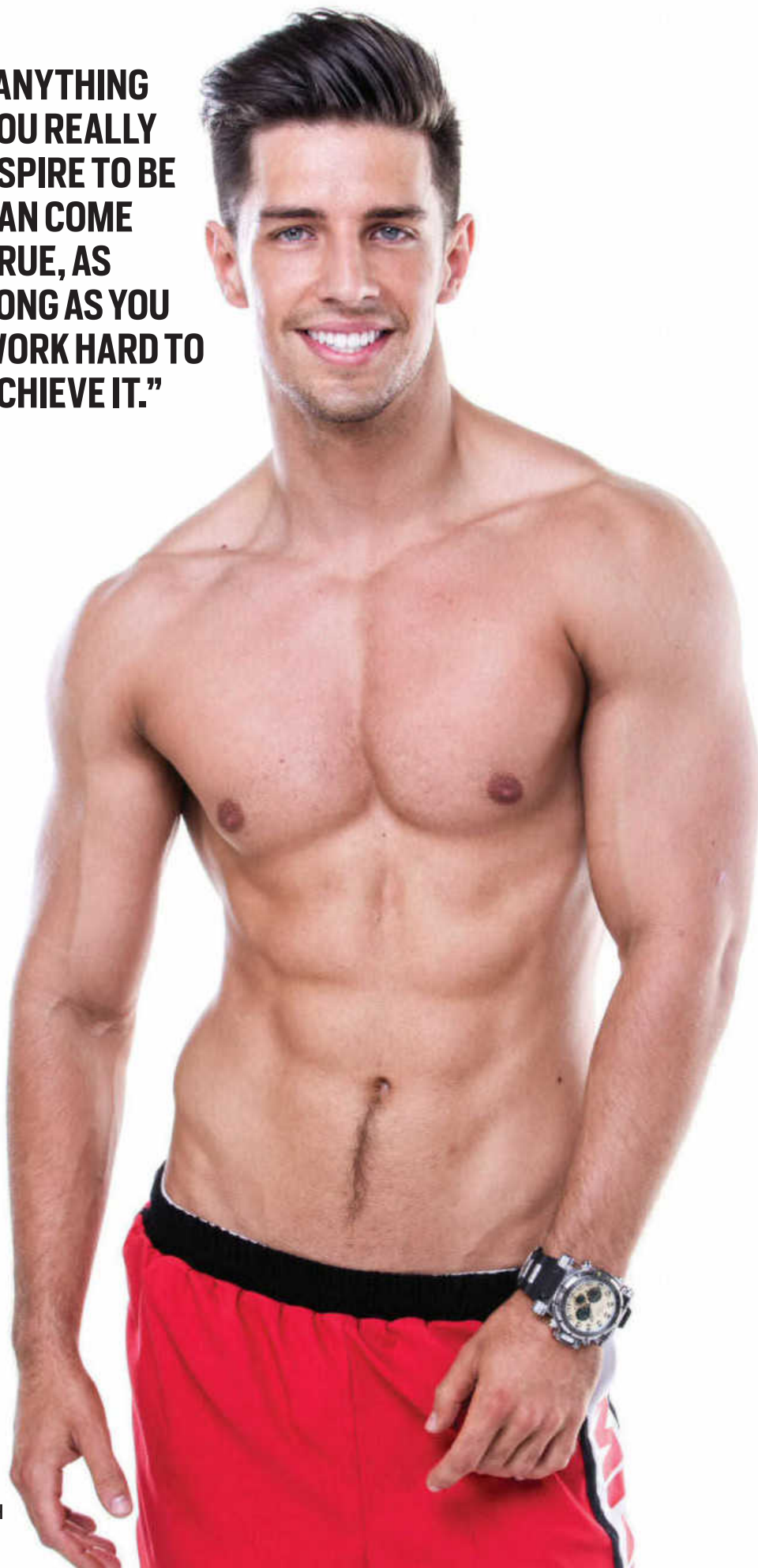
"I have a very large and supportive network of people through social media," he says. "I receive constant messages from people saying how I inspire them to keep fit, look their best or achieve their career goals. This is one of the biggest achievements I could ask for."

"I believe it's important to help motivate and educate people on the importance of looking your best and feeling confident."

Not only does Ryan inspire his network, but his network also inspires him. Surrounded by people who believe in him and want him to do well and achieve great things gives him all the motivation he could need.

"My family, friends and everyone through my social media accounts really believe in me," he says. "I can't ask for any more inspiration than their amazing support. They inspire me to keep going and strive for success." **MMH**

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HYDRATE

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skin care ingredients, as well as active levels of antioxidants, anti-irritants and other scientifically proven ingredients to ensure each product works as intended. Lqd also understands that when you train more, you sweat more and therefore you need to shower more often. Other products dry out the skin, but Lqd keeps the skin hydrated through every step of the skin care process.

Price: \$230 for the Lqd Gift Pack (includes wash, scrub, shave, calm and hydrate)

Website: www.Lqd.com.au

ES.
collection

WEAR

ES Collection is Europe's premier producer of quality swimwear, underwear, urban wear and athletic wear and they are always coming up with something sporty, fresh and innovative. Their latest swimwear range focuses on clean and athletic-shaped

apparel pieces and all the swimmer lines include a variety of styles and colours to enhance a man's best assets. ES Collection is a hit on the beaches of Europe and the USA and is already making a big show on Australian beaches.

Price: \$119.95 | Website: www.escollection.com.au

Exclusive for MMH readers:

Get 20 PERCENT OFF by using the promo code:
ES4MMH at the checkout.

Valid until the 17th of April 2016.

Wave loading for chest

If you're looking to increase your power, wave loading could be just the prescription you're after.

FITNESS MODEL Ryan Greasley | **IMAGES** Dallas Olsen | **EQUIPMENT** Cyberfit



We all want to lift heavier, but increasing strength isn't as simple as adding more weight and becoming a weightlifting machine. That's a sure-fire way to injure yourself! However, there is a simple way to do it: wave loading.

Wave loading is a tried and tested technique that follows an ascending pyramid type of structure. Basically, you progressively increase the weight each set and lift fewer reps per set as your

muscles and joints become increasingly warmed up. Therefore, by your last set you're lifting your greatest weight. You'll be building foundational strength as you progress through these waves and lifting more weight in no time.

It's important to know your one rep max (1RM) beforehand so you know how much to lift each set. Don't perform this program more than once per week either. However, if you're after more, a second day of lighter accessory work is fine.

THE WORKOUT

This wave loading program consists of four exercises:

- Cable crossover
- Dumbbell incline chest press
- Dumbbell flat pull-over
- Explosive push-up

The first three are to be done in waves (as per the wave 1 and wave 2 tables below). After completing all exercises as per the wave 1 instructions, bust out as many explosive push-ups as you can do. Then begin and complete wave 2 for each of the exercises, followed by explosive push-ups to failure to finish.

WAVE 1

Set	Weight	Reps	Rest
1	88% of 1RM	6	3-5 min
2	93% of 1RM	3	3-5 min
3	98% of 1RM	2	3-5 min

WAVE 2

Set	Weight	Reps	Rest
1	90% of 1RM	6	3-5 min
2	95% of 1RM	3	3-5 min
3	100% of 1RM	2	3-5 min

Cable crossover

SET-UP: Standing in between the crossover machine towers, grasp the D-handles with each hand and take a split stance. Your arms should be wide, with elbows locked in a slightly bent position and your palms facing inward and down. Lean forward on a slight 30-degree angle, maintaining a straight back.

ACTION: Pull the handles forward and downward until your hands reach your midline. Hold in the peak position for a count, then slowly release to the starting



Explosive push-up

SET-UP: Assume a push-up position with hands slightly wider than shoulder-width apart. Your body should form a straight line from your ankles to your head.

ACTION: Bend your elbows and lower body until your chest nearly touches the floor. Explosively press yourself up so that your hands leave the floor. Land with your arms extended and reset your body back to starting position.



Dumbbell flat pull-over

SET-UP: Lie on your upper back, perpendicular to a bench, and flex your hips slightly. Grasp one dumbbell in both of your hands over your chest, with your elbows slightly bent.

ACTION: Keeping your elbows slightly bent throughout movement, lower the dumbbell over and beyond your head until your upper arms are in-line with your torso. Pull dumbbell up to your chest to return to starting position.



Dumbbell incline chest press

SET-UP: Set an adjustable bench to about 30 degrees. Lie back squarely on the bench, feet wide on the floor for stability. Position the weights just outside of your shoulders, palms forward.

ACTION: Press the weights strongly up and together until you reach full arm extension, just short of elbow lockout. Don't allow weights to rest together. Lower under control and repeat. **MMH**



Advanced body composition testing

Find out the intricate details on how your body is responding to your hard work.

WORDS Peter Miran

I was 16 years old when I first joined the gym. Back then they were using callipers to take skinfolds at various sites to establish a person's body fat mass and overall percentage. It was 1992, and these skinfold formulas were the only way to establish and diagnose body fat.

In the fitness industry, we've definitely come a long way since 1992. Personal training has taken off, and you can pay good money for a skinfold test or another type of health consultation. Gym equipment and apparatus technology has developed in leaps and bounds; there is far better engineering and machines are more biomechanically sound in their design, in congruence with the natural movement patterns of the body. However, while we see advancements in equipment and technology, many professionals continue endorsing the use of callipers to take skinfolds and calculate body fat.

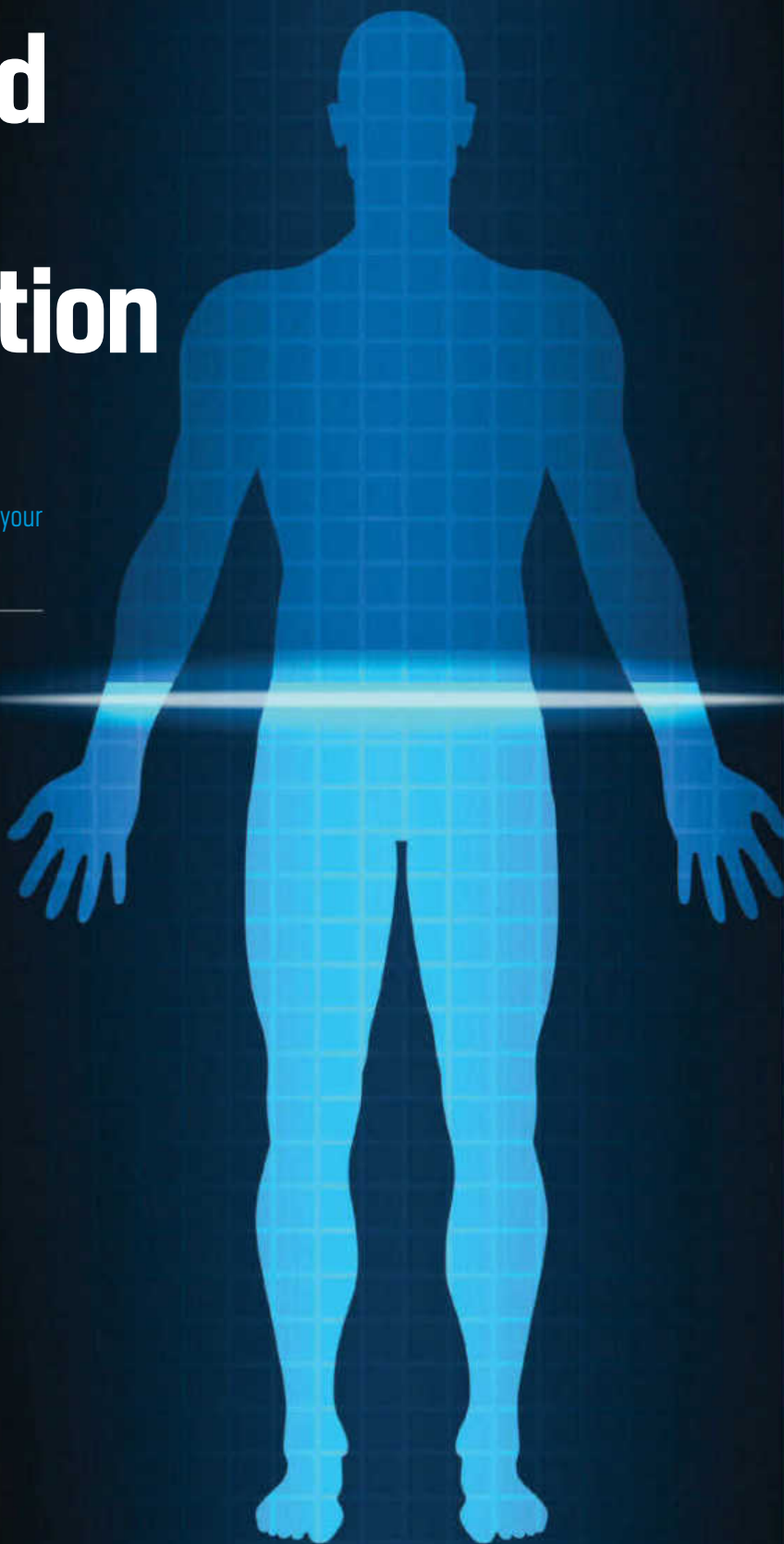


Photo Credit: Shutterstock.com

Here are just a few reasons why skinfold testing is problematic:

1. **Accuracy:** It is very difficult to grab the same marked spots exactly every time; therefore, accuracy is certainly compromised if the spot is not identified exactly.
2. **Personal differences:** Every individual holds fat in different areas, and there are many reasons why; not all of these reasons can be explained simply by hormonal issues or particular training methods. Two of these significant reasons are genetics (we're all predisposed to storing fat in different regions of the body) and lifestyle (food, activity, movement).
3. **Physiological and biological responses:** These involve insulin resistance, adrenal glands and cortisol (a stress hormone).
4. **Skinfold points:** Finding enough points would be a lengthy and near-impossible process.
5. **Subjectivity:** Every trainer or coach conducting calliper testing has slightly different perspectives on how to measure the point used — we all have different eyes — so accuracy is an issue when testing is conducted by different people.

Further, from week to week, people have altering fat deposits (and lean mass) depending on what is going on physiologically, biologically, and with their lifestyle activity and training specificity. Therefore, accuracy is once again compromised based on these variables — like stress hormones and anabolic hormones that we know scientifically play a big role in where fat is being gained or lost.

Calliper testing also does not take into account a person's lean mass, bone density, whether they have fatty tissue around the organs, are well-hydrated or dehydrated, and intracellular and subcutaneous water retention — all of these are variables that can accumulate and negatively affect testing accuracy.

After considering these factors, you can see why skinfold testing is dated and there really is no excuse not to either outsource the better machinery and its conduction or purchase the machinery yourself and become educated on how to conduct the testing within your own facility, especially if you're running your own advanced business that specialises in metabolic improvement. ▶





Photo Credit: Shutterstock.com

The DEXA machine

As one of the most advanced and trusted machines on the market now, the DEXA machine tests everything from fat mass, lean mass, bone density and symmetry (left and right body part comparison weight). DEXA (Dual Energy X-ray Absorptiometry) provides whole and regional body composition assessments of an individual's body. A DEXA scan is extremely accurate and the X-ray dose is very low — less radiation than that acquired in a plane for a trip from Melbourne to Sydney.

DEXA is a very accurate method to measure and monitor body composition

in athletes, fitness-conscious individuals, obese patients undergoing weight loss and people suffering from Type II diabetes (as it gives an accurate measure of the areas that are subject to risk for diabetes). It's also invaluable for personal trainers who want accurate measures of their clients and their training program effectiveness for each client, along with a progressive feed that provides information directly related to the type of training and nutrition and its effectiveness through a cyclic training period.

Accurate body composition assessments are vital to monitoring growth, training outcomes, and health and nutritional statuses of athletes and health enthusiasts, as well as suffering patients. One great reason for a DEXA scan is to allow early detection of potentially harmful changes that occur as a result of inappropriate nutritional practices or excessive training or illness, and to relate body composition status to performance. With regular assessments of body composition, the monitoring can be used to change the nutritional status and health status of the individual.

DEXA scan data

The scan provides a host of detailed and intricate data, but below are the main points of interest to an athlete.

- **Visual representation:** The scan provides you with the visual aspect of your body and its composition. It gives you a clear outline of your skeletal system, what basic shape you are, how broad or narrow your hips and shoulders are and their relative differences. This is exceptional to understand how you look stripped of mass and what structure you naturally have to work with. Over and above the skeletal picture, it gives coloured visuals of lean mass and body fat. This shows you exactly where your muscle is and where your stored fat is, including fatty deposits around the organs — the liver is a great one for this, and considering how dangerous a fatty liver can be, early detection here can literally be a life-saver.
- **Body composition:** The scan will give you a reading of your total body composition and the part of the body and the amount of lean or fatty tissue in that area (that is, left arm, right trunk, and so on). The beauty about observing the region and its tissue is that if you have an understanding of the endocrine system, you can make judgments on

what is happening within the body to have fat in those areas.

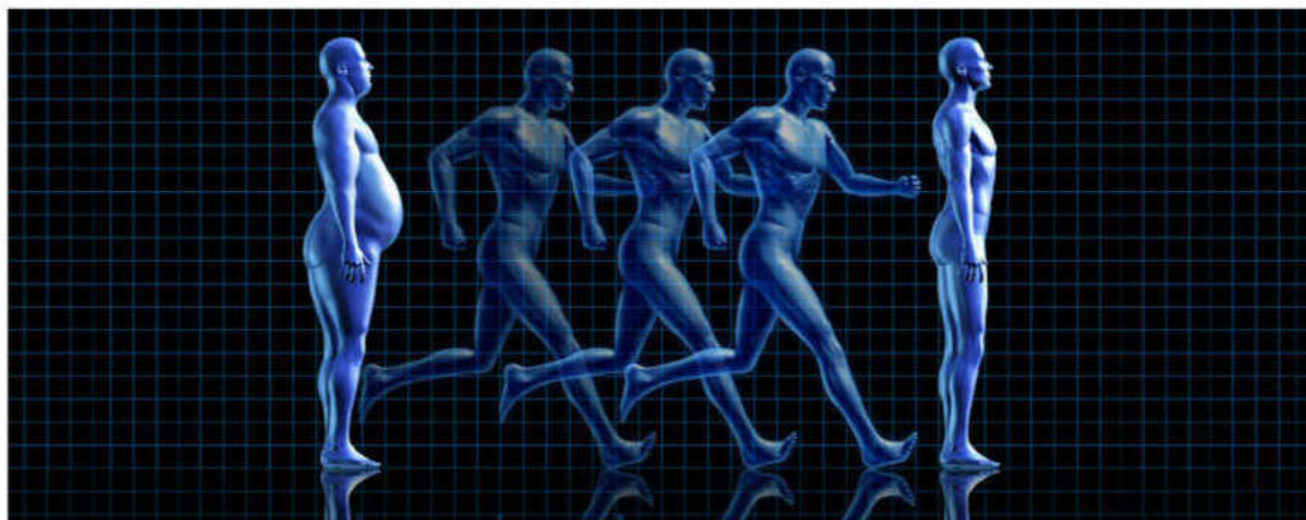
Another advantage is to assess postural dysfunction and imbalances, and the ability to rectify those imbalances by the awareness of them. If the left leg has far more hypertrophy than the right leg, then you can start addressing this imbalance with training protocol — extremely useful information for a coach and his athlete. The regional areas broken down are left and right arm, left and right trunk, left and right leg, left total, right total, trunk, android, gynoid and total.

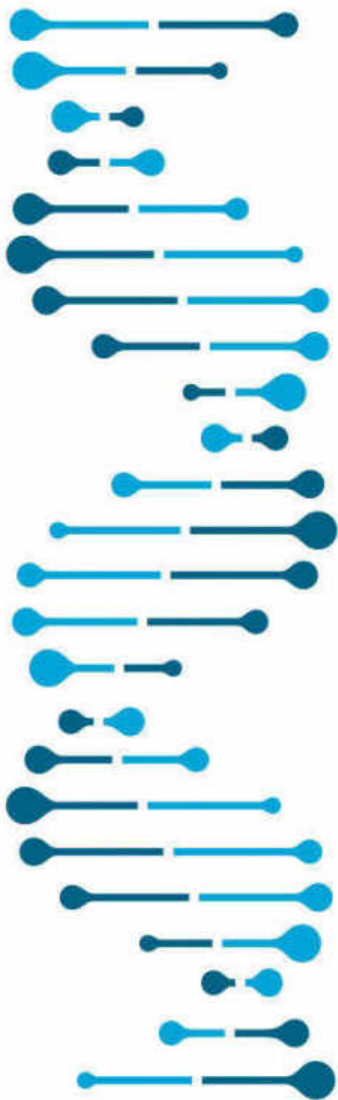
- **Percentages:** These are the statistics that everyone wants to know. They tell people whether there's progression or regression and how fast it is happening — obviously subject to the periods between the scans. You are provided with:
 - total body fat tissue percentage
 - total mass (lean muscle) weight
 - overall tissue weight (lean and fat weight in total)
 - fat weight, and
 - lean mass weight and fat-free weight (lean mass, bones and organ weight without fat).

- **Android/gynoid ratios:** You will also receive a clear breakdown of body fat percentage regions. Android regions are centric fat distribution patterns with increased dispositions toward the abdominal area. Gynoid regions are fat distribution on the hips and thighs. Android/gynoid ratios provide another good opportunity to understand where the comparative fat is being distributed and why. Often this can lead us to causes such as insulin resistance and stress and the hormones released as a result of that stress.

Android fat can be used as a measure of potential diabetes issues, so excessive weight in this area can be addressed to avoid the risks of developing insulin-resistance-type issues (especially the deadly diabetes). This body fat issue can be well-addressed by a reduction in high GI foods and sugars, so knowing this allows people to tackle these dietary issues to reduce fat in this area.

Gynoid, on the other hand, refers generally to oestrogen and progesterone issues with hormones and, once again, knowing this can create a better awareness for addressing potential stimulators of dysfunction in these areas. ▶





Application of DEXA scans

DEXA scan technology can be used for a number of important roles:

1. **Nutrition formulas:** Understanding a person's lean mass gives you the awareness to devise and construct caloric nutrition over a daily period that facilitates either a calorie deficit or surplus. And knowing the amount of contractile tissue (tissue that has function) enables more accurate assessments of what amount of food a person needs to be eating daily to get to their goal or objective in the quickest possible time.
2. **Android/gynoid ratios:** The statistics allow you to devise plans around the android/gynoid ratios, manipulating hormones through whole foods and supplements in order to shift fat from these areas more liberally.
3. **Lean mass statistics:** These not only give you the ability to facilitate accurate nutrition formulas, but also to devise correct training systems periodically around where lean mass is currently built and the future goals of the client or patient. Someone who has more hypertrophy in the trunk in relative comparison to the thighs will need to make appropriate adjustments to their programming and start correcting that asymmetry. This is especially the case if it is an athlete who requires more strength in the legs for performance or more hypertrophy in the legs for aesthetics, like a bodybuilder or fitness model. The density of their training can be shifted, moving the volume from the trunk and delivering more training around leg development.
4. **Psychological advantages:** The scan has a great psychological advantage for the athlete. Having this information can be awfully confronting; however, the ability to visually see their scan and peruse the statistics can drive the athlete to set new targets and aim to see improvements next time they have the scan.
5. **Measure effectiveness:** The scan can be used at the end of each training period to measure the effectiveness of the training. For example, when constructing a program, coaches generally work in periods that are devised around the athlete's goals. This maximises results and allows continual improvements in performance and physiology. It also reduces the chance of plateaus and ensures gains are moving on a steady and progressive gradient. No one likes regression, especially when the time and effort is endured. Periods of four to six weeks provide a cyclic period that is enough time to create adaptation and achieve the goals set for that time period. The DEXA scan therefore serves as an excellent, accurate gauge of the results that are aligned with that period of training.

Photo Credit: Shutterstock.com

For more information on the DEXA, go to www.k8bodyscan.com.au MMH



Peter Miran

Peter Miran BioActive Science uses all the latest technology to measure and improve the needs of clients. Peter is a sponsored champion athlete holding multiple bodybuilding titles, including the NABBA/WFF Mr Australia, and he has been featured as a fitness model in many Australian fitness magazines. Peter has worked as an exercise physiologist consulting with world-renowned physicians in the areas of disease prevention and cure, and is a highly successful coach. He has worked with scores of elite athletes, physicians, personal trainers, AFL coaches and nutritionists, high-profile Australian celebrities, performers, sports models, and some of Australia's most successful businessmen. He boasts a record of ambassadors that happily represent his business and testify to his work. Visit Peter's new website at www.petermiran.com.au



ONE MOVE WONDER

INCREASE YOUR LEG POWER WITH

WIDE-STANCE SQUAT

TARGET: Legs

SET-UP: stand upright with a fairly wide stance, with your chest out and shoulders back, keeping your back flat at all times and toes angled outward. Hold a dumbbell by its upper plates in front of you and look straight ahead to help keep your neck properly aligned.

ACTION: bend your knees to descend so that your back remains flat, lowering the weight toward the floor.

Your knees should track above your toes and descend to the point where your thighs are almost parallel to the floor. Without bouncing at the bottom, smoothly reverse direction and press through your feet to rise back into a full extension, exhaling at the top and squeezing your glutes for a full second.

TIP: Think about standing like a sumo wrestler here with your legs out wide but also maintaining good posture

like a soldier pushing his chest out. Full range of motion is a must if you want to get the maximum benefit from the movement. Keep sinking your hips until you are well below parallel, then sink some more! Then explode out of your bottom position by leading with your chest. As you come up, squeeze your glutes and drive your hips forward. Be sure to breathe deeply and exhale as you are moving upwards.

PEOPLE WHO NEVER QUIT

Learn how to be someone who never gives up.

WORDS Geoff Edwards

Isn't it interesting when we see people who, when faced with extreme adversity, rise to the challenge! Take, for example, Nick Vujicic (*pictured right*), born to Serbian immigrants in Melbourne, Australia, with no limbs. He had a crippling disability that meant he had little hope of ever living a normal life. Nick also suffered from depression as a child, but as he got older he eventually began to embrace

his disability. Nick mastered life's daily tasks and went on to show that he can do everything that able-bodied people can do — including writing, typing, playing the drums and brushing his teeth — and, now, Nick is a best-selling author and motivational speaker. This is true adversity and it is amazing to see his infectious attitude and conviction.

If you want to be like Nick, someone who never quits, here are some tips.



Photo Credit: yakub68/Shutterstock.com

The journey so far

When you start your journey to success with your new directions, life sometimes has the uncanny knack of throwing problems at you. Inside all of us, however, are the answers to the problems that arise! One of our biggest challenges is that internally we ask ourselves consistently disempowering questions. By asking the wrong questions, we receive the wrong answers and, therefore, experience no solution to our problems. This causes

us to get upset and stressed easily. Brilliant questions bring about new and empowering decisions that will instantly change your life's path and assist you in living your life to the fullest, with more ease and less effort.

Typical questions that may support you in meeting challenges are:

- What could I do differently?
- What advice would I give to a friend in this situation?

- What would I gain/lose by doing that?
- If I knew the answer, what would it be?
- How can I benefit from this opportunity?

By deciding to step up and meet any challenge, you will be amazed — with adversity, growth comes, and you will be rewarded. It is important for you to have a strategy that will provide support during these times of challenge.



Take note of your reality

Reflect on your life journey, experiences, successes and any challenges by asking these questions:

- What motivates me?
- How do I tend to sabotage myself?
- What causes me stress and am I able to release it?
- How do I enjoy myself?
- What would the perfect 'me' be like?
- What am I proud of?
- If I could have anything in the world, what would it be?

Next, challenge your own perceptions through improved awareness, especially on the way you look at things and how you label them. Do you have a 'glass-half-empty' perspective? If you're not sure what your answer is, then you need to pay more attention to how you react to certain situations. Be aware of when these thoughts come and address them before they happen, so you can control them. Ask your friends, associates and colleagues for their honest opinion and feedback on how they really see you.

Empower yourself

Being empowered is learning that the only real power we have is the power over ourselves. It's about the journey to discovering who you really are. As long as you can consciously think, choose and decide how you want to feel about anything happening in your life, or the world in general, you'll be empowered.

You become more empowered by learning to take charge of your thoughts, emotions and actions. You are in charge of you. Keep your power by keeping your thoughts of yourself your very own.

Appreciation is an important part of the empowerment

process. We all have strengths, abilities, resources, skills and special talents or gifts. When you are appreciated, you will develop to your full potential. Remember, what you focus on becomes your reality, so by focusing on strengths and abilities, you will highlight the best of what you already have.

Awareness of direction is empowering. Knowing what you want and where you can get it is the next step in the empowerment process.

Sometimes the experience of a crisis or disruption makes you realise that something is missing in your life. This gives you the opportunity to reflect

on your present life and how you want it to be.

By allowing dreams of a better life to come into your awareness, you can take the most important aspects and translate these dream aspects into goals. Then you can take steps to reach the goals.

When you begin to pay attention to your dreams, they change from blurry ideas to clear pictures of what you truly desire. Start a dream journal. Writing down dreams and translating them into goals and actions is an extremely powerful act. **MMH**

EMPOWERMENT TIPS

- Know what drives you.
- Understand that your thinking creates your world.
- Build your dream.
- Don't listen to others' opinions.
- Align with inspirational people.
- Work out your power formula.
- Appreciate what you have.



Geoff Edwards

Geoff is an internationally accredited life coach with more than 25 years of coaching experience who can support you on your journey to success with results that last. He can be contacted via geoffedwards@bigpond.com through his website www.geoffedwards.net or Facebook: <https://www.facebook.com/geoff.edwards2>

Get more out of your training session

Want better results without having to train for longer hours? We have the solution for you.

WORDS Dr Nic Lucas

“PEOPLE WHO PRACTICE MINDFULNESS END UP HAVING MORE WILLPOWER AND SELF-CONTROL IN OTHER AREAS OF THEIR LIVES.”

Everyone would love to know a shortcut to health and wellbeing. Wouldn't it be great if you could squeeze more out of that hour you spend at the gym? Wouldn't it be cool to get an extra boost of willpower? Wouldn't you love to get more regeneration out of the same hours you spend with your head on a pillow? And what about being able to keep calm during situations that would normally cause you to stress out?

All of this is possible with a simple solution that, to be honest, is so simple that people gloss over it. We are so used to having to work 'hard' to get health benefits that doing something 'easy' to boost results seems like wishful thinking.

Well put your skepticism aside and let me share some cold, hard facts with you about what they call mindfulness and my take on how you can use this during your training.



What is mindfulness?

Forget about the mystical Eastern history of arduous meditation and let's talk brain science. When you can get certain areas of your brain to work better, you also get better results in wellbeing, sleep, digestion, intuition and social interactions, to name a few. You also benefit from more willpower and self-control, and you feel less pain and fatigue.

None of this is hocus-pocus; all of it is very real. The place to start is mindfulness, and you start by simply being mindful of yourself, in the moment, and without judgment.

Now why would this have any benefits? After all, isn't being mindful just about how you direct your thoughts? Well, yes, but it's all about which parts of your brain are doing the thinking. Mindfulness recruits the prefrontal cortex, and the prefrontal cortex has important, healthy functions.

For one, it's what gives you willpower — and exercising and keeping to a healthy diet over a long period of time requires willpower. The more you practice willpower, the stronger your prefrontal cortex becomes, and the more willpower you will have.

The prefrontal cortex also calms down your fear and anxiety pathways. And so the more skill you have using your prefrontal cortex, the more skill you will have to remain calm and optimistic while everyone else is freaking out. This is exactly why Navy Seals use mindfulness techniques in their training.

The reason something as simple as mindfulness works is because it does require willpower. Imagine sitting still for just five minutes while you focus on breathing in and out of your nose.

To perform this simple task, you have to exert willpower and self-control at the same time. You have to remain still (willpower), which means you have to stop fidgeting (self-control). You have to keep your mind focused on the breath at your nose (willpower) while you stop your mind from wandering (self-control).

That's why people who practice mindfulness end up having more willpower and self-control in other areas of their lives — because they train that area of the brain to be more powerful through having stronger neural interconnections. ▶

Mindfulness and training

So how might you incorporate mindfulness into your fitness routine? Well, for starters, you could allocate some time prior to or after your training session to sit in mindfulness. Another approach that I like is to incorporate mindfulness into my actual training session.

Let me give you a personal example. This past year I've been working on my squat, and there are two primary movements that I have focused on while I lift heavier weight. One is keeping upright and the other is keeping my knees out to prevent them from collapsing inward.

So while I am doing my squats, I enter into mindfulness. In my mind, I observe myself doing the squat and focus fully on keeping my knees out during the squat. This is just the same as sitting still and focusing on the breath at the tip of your nose as you breathe in and out.

After I've done a set or two while focusing on my knees, I will do some more sets focusing on keeping upright (willpower) to avoiding tipping forward (self-control). I've also used mindfulness to focus just on the sensation of weight pushing through my heels, making sure that I'm not favouring one leg over the other.

Now, this might sound a lot like simply practising good form, and that's exactly right. It is focusing on good form, and yet it's focusing intently on one thing and being very aware of yourself in that moment without judgment. This is peaceful and quite different from a high-aggression strategy of squatting.

It's also different from a mindless form of squatting in which the person isn't concentrating on what they're doing at all — they're just watching the people around them, or they're feeling self-conscious, or they're watching the distracting music video clip that's playing on the big screen.

So, to get that boost and get more out of your training sessions, consider using mindfulness during your sessions. Not only will you develop more willpower and self-control, but you will also become much more aware of your body during training, which can be helpful in improving your form and making exercise more effective and efficient.



Photo Credit: Shutterstock.com

What else can mindfulness do?

Mindfulness has become all the rage over the past 10 years, or should I say 'all the calm'. The number of searches on Google for the term 'mindfulness' has increased by about 10 times in the past decade, and the number of scientific studies looking at the benefits of mindfulness has substantially increased as well.

The *Journal of the American Medical Association* published a large meta-analysis and found that mindfulness does help with stress, anxiety and depression, and is as good as prescription medication for these common struggles. Other studies have found that mindfulness helps people lose weight, improves cardiovascular health and also digestive function.

If it sounds too good to be true, then consider this: the reason mindfulness has all of these benefits is because they all have something in common. They are all the benefits of a brain that is spending more time in calm, optimism and focus and less time in stress and negativity. They are the benefits that come from increased willpower and self-control and from having an active prefrontal cortex.

And, as you can see, mindfulness is easy to introduce into your day. Whether it's adding five or 10 minutes before or after your fitness routine or including it directly into your training sessions. There's really no reason you can't do it, and very good scientific reasons for you to start.

“YOU WILL BECOME MUCH MORE AWARE OF YOUR BODY DURING TRAINING, WHICH CAN BE HELPFUL IN IMPROVING YOUR FORM AND MAKING EXERCISE MORE EFFECTIVE AND EFFICIENT.”



Your turn

The common question I get from people I advise is this: “If I do mindfulness, how long will it take before I start seeing results?” The good news is that even within an eight-week period of introducing mindfulness into your day, you will get results. Within eight weeks, brain imaging studies have shown that physical changes occur in the brains of people who practice mindfulness. So it doesn’t take years and years to create change.

More important, though, is what you notice about yourself, and in this case I must say that the effect is understandably gradual. And you can imagine why. You’re not going to practice mindfulness and then one day, all of a sudden, develop super-human mind powers.

The brain starts changing as soon as you start mindfulness, and as you practice each day, so too will your brain continue to change. And because it’s happening on a daily basis, it’s

likely that you won’t notice any dramatic differences. It’s more likely that a few months from now, you’ll notice that you can do more at the gym, that when others give up, you can keep going, that you’re less likely to stress out or worry, and that life just seems to be less of a struggle.

But you have to have a little faith, and that’s why it’s useful to know from scientific studies that the changes do happen — both in behaviour and in the actual structure and wiring of

your brain. The science has proven that this happens, and so now it’s up to you. Will you make a start? Will you practice it on a daily basis?

The chances are on your side. Start this journey now and within eight weeks you’ll already be well on your way and ahead of the crowd of people who don’t try. A year from now your brain will have become gradually different, just the same as your body becomes gradually different on a bodybuilding program.

MMH

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Dr Nic Lucas

Dr Nic Lucas specialises in coaching people through mind and behaviour change. He has 20 years’ experience in pain medicine, research, and strength and conditioning. His PhD is in diagnostic medicine. Dr Lucas is the Amazon best-selling author of *Finally Free: How to Beat Anxiety in Six Simple Steps*, and has spoken about stress and positive psychology on national TV and radio. He has thousands of students from all over the world in his online training programs. He lives in Sydney and for fitness enjoys strength training and CrossFit with his wife and two kids.

For more information visit www.niclucas.com

Small changes, massive results

► Make these tweaks to your favourite moves and see a serious difference.

FITNESS MODEL Anthony Calligeros

IMAGES Dallas Olsen | **EQUIPMENT** Cyberfit and Gym and Fitness

You may have a great routine going or just have a favourite exercise that never seems to be missing from your weekly agenda — and that's totally okay. While some say you need to switch things up often to get results (every eight to 12 weeks is the average recommendation), we agree, but these changes don't have to be dramatic.

Simple things such as grip width and placement, body posture and even foot placement will shift the muscles recruited to complete the movement. This will target muscles you're probably not working at the moment, and could be just the change you need to hit your next goal.

Let's take a look at some of the small changes you can make that will give you serious results.



Incline dumbbell press

MAKE THIS CHANGE: Using an adjustable bench, set the bench one or two notches below the angle you typically use.

WHAT HAPPENS: The steeper the incline, the more you work your weaker front delts — meaning that if they fatigue first, you'll have to end your set before you work your upper pecs to failure. Also, because most guys typically use the same degree of incline, they're working the muscle fibres from the same angles every time they do inclines. For maximum development, work your chest in different ways by using those in-between angles.



CHEST



SHOULDERS

Dumbbell lateral raise

MAKE THIS CHANGE: Grasp a stationary object and lean away by fully extending your non-working arm.

WHAT HAPPENS: When you bring the dumbbell to a point that's level with your shoulders, you work the middle delt through its full range of motion, so you'll be able to work it harder. As an added bonus, this extra range of motion works your upper traps from a completely different angle than the typical shrug.



BICEPS



Standing barbell curl

MAKE THIS CHANGE: Grasp a bar about shoulder-width apart, so that your palms are halfway between the palms-up and neutral-grip positions.

WHAT HAPPENS: The slight change in hand position means that instead of working both the long and short heads of your biceps fairly evenly, the long head takes on a greater share of the workload. The long head creates a peak when you flex your biceps. You may also find this hand position more comfortable on your wrists.

Bar press-down

MAKE THIS CHANGE:

Rather than keeping your elbows pinned by your sides (like you would in a press-down), raise your upper arms directly overhead and keep them locked by your ears. You can do this with a bar or single dumbbell.

WHAT HAPPENS: With your arms extended, you're stretching the long head of your triceps, so it's capable of a stronger contraction, unlike in arms-by-your-side triceps moves.



TRICEPS



BACK

Bent-over row

MAKE THIS CHANGE:

Reverse your grip — going underhand instead of overhand — and use a shoulder-width grip instead of a wide grip.

WHAT HAPPENS: The reverse grip targets your lower lats to a greater degree than your upper lats (as with the wide overhand grip). Because of the angle, you can typically use a little more weight.



Dumbbell squat

MAKE THIS CHANGE: Whatever foot stance you typically squat with, try changing it. If you usually go narrow, try a wide stance; if you usually go wide, try a closer stance. It's as simple as placing your feet closer or further apart, even by a few centimetres from your usual position.

WHAT HAPPENS: By changing up your squat stance you can bring up weak points that have been holding you back. By bringing up weak points and neglected areas, you will be able to break through the plateaus you hit from time to time. Plus, by strengthening weak areas, you can improve your strength in other lifts you do too (deadlifts, lunges and so on).



Hanging leg raise

MAKE THIS CHANGE: Many guys do this lower-ab move by bringing their feet into a position in which their legs are almost parallel to the ground. Instead, bring your feet as high as you can so that your feet are well above your hips.

WHAT HAPPENS: To work the lower portion of your rectus abdominis through the full range of motion, don't stop when your legs are horizontal — in fact, they're still working strongly well past this point. If you consistently fail to go past this point, the exercise will focus more on your hip flexors.

MMH

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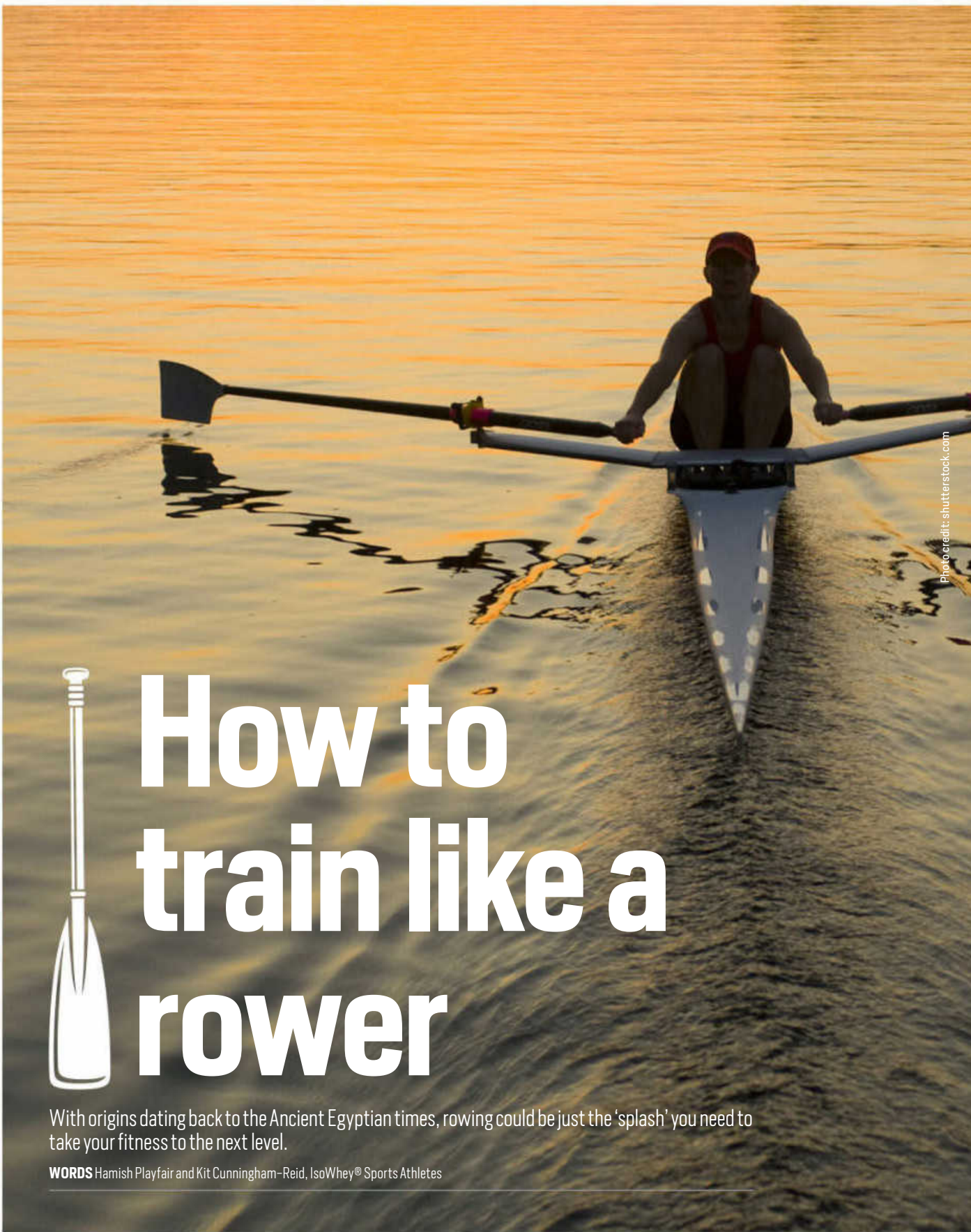


Photo credit: shutterstock.com



How to train like a rower

With origins dating back to the Ancient Egyptian times, rowing could be just the 'splash' you need to take your fitness to the next level.

WORDS Hamish Playfair and Kit Cunningham-Reid, IsoWhey® Sports Athletes



FACT: The most common distance to race as a rower is 2000m, and the time it takes a crew to go the distance can vary from five minutes 30 seconds through to seven minutes, depending on the boat classification. That's a long time to be expending energy without rest!

Rowing is one of the oldest Olympic sports and can be done recreationally or competitively. It has been identified that the best training regime for someone looking to participate in a rowing event includes both anaerobic and aerobic training.

The key to training like a rower is consistency, knowing your limits and going in with the mindset that you get out what you put in. Like with any sport, don't expect to see results on race day if you haven't put the work in. You need to be training smart, fueling your body correctly and being consistent with your rest and recovery practices.

Even if you are not looking to participate in a rowing event, training like a rower, such as on a rowing machine or 'erg' in the gym, or in a boat on the water, is a great all-over body workout that targets your shoulders, core, glutes, postures and stabilisers. As well as the rowing movement exercises, the following exercises are great to include in your workouts to help you achieve all-over body fitness. ▶



Photo credit: Erik Dresser, row2k.com

FIVE ROWER-APPROVED EXERCISES TO INCLUDE IN YOUR WORKOUTS

- 1. Squats:** are a great way to build leg strength as well as build your stability. It is important to get the right technique before increasing the weight, because injury can occur if too much stress is placed on your body.
- 2. Chin-ups:** are useful in your general strength, as well as strength for rowing, as you use your shoulders and 'lats' (as your arms are the levers attached to the handle of the oar/rowing machine).
- 3. Core:** When racing, the force applied from your legs and back can put a lot of pressure on your body. It is essential for those who want to do a bit of rowing to make sure that they do plenty of core work. This will both improve performance as well as minimise the risk of injuries.
- 4. Push-ups:** are another great exercise to work your upper body and reinforce that element of stability in your core.
- 5. Stretching:** Spending time in a boat or on the rowing machine hunched over can cause places such as your hip-flexors to tighten up. It is important to stretch before and after a session to allow your body time to recover and stretch all the muscles and tendons out.



Hamish Playfair

Hamish is an incredibly tenacious rower, boating out of Sydney University Boat Club. He began his rowing career at the hotbed of talent known as the Shore School, before eventually ending up at Sydney Uni. He has become something of a lynchpin in Sydney Uni's under-23 eight, having helped them to several gold medals at the National Championships in recent years. Possibly his biggest achievement to date was his bronze medal in the Men's Open Quadruple Sculls at the 2014 World Rowing Cup, which was held in Sydney. Hamish is currently training for a spot in the Australian Olympic team for Rio 2016.



WHY YOU SHOULD START ROWING TODAY

1. **For the physical benefits!** Benefits associated with rowing include strength, increased aerobic capacity, lowering your risk of heart problems, you will get fit quick, and you will learn to be able to work with lactic acid buildup due to your anaerobic energy system.
2. **It's good for your mind!** The rowing stroke is a simple task to learn, however a difficult task to master. The opportunity to set goals and focus on finding what it is to be the 'perfect stroke' is a task that may take a while; however, it is one that shows traits of determination and commitment. Rowing is extremely relaxing once you get it down pat!
3. **To be social:** Rowing is a crew sport — the ability to experience a training session or a race with other people gives you the spirit of camaraderie and a combined effort to achieve a particular goal. Rowing is a great sport that has a fantastic community behind it, encouraging social interaction and getting people together who, outside of the boat sheds, may not have met!
4. **Unmatched experiences:** Rowers are renowned for having an early-rise schedule to get on the water and train before work, school or university. There is something magical about rowing and watching the sunrise and enjoying the whole experience. **MMH**



Kit Cunningham-Reid

Kit has recently been at the World Cup 3, in Lucerne, Switzerland, and the World Championships in Aiguebelette, France. Christopher 'Kit' Cunningham-Reid won a bronze medal in his first international competition, rowing with the men's eight at World Cup 1 in 2013, and in 2014 he won silver at World Cup 2 in Aiguebelette, France. Kit is also training for a spot in the Australian Olympic team for Rio 2016.

STATIC CONTRACTION WORKOUTS

Get massive gains for less reps.

WORDS Will Shannon

With more than 200,000 users

worldwide and fans including Tony Robbins, the controversial static contraction workouts are fast becoming a fitness phenomenon.

Based on the principle of horsepower, static contraction workouts are short and intense and involve overloading your muscles to the point of failure. The exercises involve muscles exerting movement without the joints and ligaments moving far — and in some cases individuals remaining motionless.

Static contraction training has been shown in multiple studies to have increased both the muscle strength and endurance of athletes, and multiple research resources prove that the science behind the training works.

The concept behind progressive muscle overload is to get the muscles to do the maximum amount of work in the least possible time.

Using a power rack or Smith machine, a weight is lifted in the strongest range of motion for the muscle group. Weights are held for less than five seconds, and the idea is to lift the

maximum weight you can in the quickest time it takes to fail. The recovery time between workouts is longer, allowing the muscle to fully recover before the next workout.

Static contraction exercises are quick, efficient and involve less repetition and

all directions, helping the muscle to grow in size and density.

Many athletes, such as powerlifters, use static contraction training for an extra boost and to save time. The techniques used in static contraction lifts can directly assist with

partially press them — a great adaptation for shoulder or chest workouts. Or try squatting with heavier weights, but with less of a squatting distance, as opposed to squatting past the parallel point with lighter weights.

For best results, perform the static contraction workouts once a week for four weeks, gradually adding 10 to 20 per cent more weight each week.

Make sure not to lock out. Instead, ensure that your muscles are supporting the weight, and if you are able to hold the weight for longer than 10 seconds, add some more. You should be aiming to lift heavier weights than you normally would as you are only training in your strongest range of motion.

For safety, it is important to never allow the weight to enter your weak range of motion; you should only hold the weight motionless in your strongest, safest range.

A great way to fully stimulate muscle fibres is to implement static contraction exercises alongside other traditional full range of motion sets. As with any exercise, remember to ensure that you are well-hydrated, have stretched properly and know your limits before you start. **MMH**

“STATIC CONTRACTION EXERCISES ARE QUICK, EFFICIENT AND INVOLVE LESS REPETITION AND OVERALL MOVEMENT, RESULTING IN LESS TIME SPENT AT THE GYM.”

overall movement, resulting in less time spent at the gym. Despite the reduced time spent working out, the exercises will challenge your muscles to become stronger, and over time you can expect to be able to lift 50 to 200 per cent more.

The limited motion in static contraction workouts keeps the muscle fibre in a constant state of twitching movement. A good illustration of how this occurs is when a muscle begins to shake or wobble when holding a heavy weight in a fixed position for a duration of time. This causes the muscle to constantly face a sense of strain and contraction in

exercises such as the bench press, traditional back squat and the deadlift, which require explosive technique.

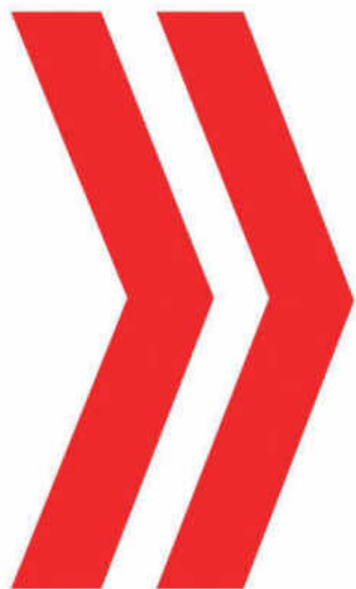
The exercises are designed to allow you to lift your true maximum weight, with the muscles becoming stronger as they lift progressively heavier weights, dispelling the common myth that to build a muscle you need to lift through the entire range of motion.

It is easy to adapt any normal exercise to become part of a static contraction training regime by adding more weighted resistance while taking away range. For example, use heavier weights when pressing dumbbells and only



Will Shannon

Will is the president of the Australian Complementary Medicine Association and a leading Australian iridologist and naturopath. For more information or to book an appointment with him, visit www.willshannon.com



DEDICATED TO A NEW DIRECTION

Inspired by Arnold Schwarzenegger, former Titans NRL player Kayne Lawton has taken up a new career path and is teaching others how to achieve their dream physique in a natural way.

WORDS Kirstin Cuthbert | **IMAGES** Dallas Olsen

STATS

Name: Kayne Lawton

City: Coolangatta, QLD

Main occupation: Online personal trainer

Age: 26

CONNECT WITH KAYNE

Facebook: www.kaynelawton.com.au

Instagram: @kaynelawton

PLAYING RUGBY LEAGUE HIS WHOLE LIFE, KAYNE LAWTON HAS ALWAYS BEEN INTO TRAINING HARD AND PUSHING HIMSELF. HOWEVER, AFTER RETIRING FROM PROFESSIONAL RUGBY LEAGUE IN 2014, HE CHOSE TO TAKE ON MORE OF A SPECIALISED TYPE OF TRAINING—TRANSFORMING HIS PHYSIQUE BY LOSING BODY FAT AND BUILDING MUSCLE.

While retiring from professional rugby league was no easy decision, admittedly the “biggest decision” he ever had to make, it was something Kayne needed to do.

“I realised there was more to life,” he says. “I want to see where this new career path takes me, and that’s what makes me excited.”

Starting out doing mostly bodyweight techniques such as push-ups and chin-ups, he was motivated by Arnold Schwarzenegger to change up his training and lifestyle.

“The film *Pumping Iron* really inspired me to lift weights and get in the best shape possible,” he says. “Arnold Schwarzenegger has achieved

"IF I'M NOT MOTIVATED TO GO TO THE GYM AND TRAIN, I JUST GO ANYWAY. WHEN I AM THERE SOMETHING ALWAYS MOTIVATES ME TO RIP IN."

WORKOUT WEEK

MONDAY

Chest

TUESDAY

Back

WEDNESDAY

Rest

THURSDAY

Shoulders/Traps

FRIDAY

Arms/Abs

SATURDAY

Legs

SUNDAY

Rest



so much in life by doing his best and taking risks."

Now with a training program involving a lot of heavy weight, Kayne loves to push himself to achieve his best every time.

"I need to be challenged in the gym," he says. "I always try to break my personal best lifts; this motivates me to exceed my current limitations."

Gaining a Cert III & IV in Personal Training, a Certificate in Nutrition and Level 3 Coaching, he now works as an online personal trainer imparting what he learns on to others.

"I love doing what I do, experimenting with the truths and myths of the fitness industry, learning new things about training and diet and

teaching those techniques to others, then watching them change," he says.

Believing that "knowledge is power", Kayne knows what it takes to reach an admirable physique, and that is to find out what works for you regarding nutrition and training.

"My body is now in top condition because I can train

the way I want and fuel it with the best nutrition possible," he says.

He also wants people to know that they can achieve their dream physiques in a natural way by simply putting in the work. ▶

"You don't have to get on steroids to get the physique you want," he says. "By training smart and hard and implementing a goal-specific diet, you can achieve a natural, clean-looking physique."

Even though Kayne has a focused attitude, he too has days where motivation is low. However, on these days he doesn't just sit around and wait for it to reappear; he goes out and finds it.

"It's hard, but I find if I'm not motivated to go to the gym and train, I just go anyway," he says. "When I am there something always motivates me to rip in."

He encourages you to try this too when your motivation tank is on empty.

"Try to find what motivates you, whether that be a movie, YouTube clip or even talking to a friend," he says.

His final advice for guys looking to get and stay in their best shape yet is to always focus on how you feel to know if something works for you or not.

"Don't believe everything people say, and listen to your body; it never lies," he says.

Kayne is currently working toward his website launch where he will be providing personalised meal plans and training programs.

MMH

"BY TRAINING SMART AND HARD AND IMPLEMENTING A GOAL-SPECIFIC DIET, YOU CAN ACHIEVE A NATURAL, CLEAN-LOOKING PHYSIQUE."





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Apple iPhone 6 Plus 16GB UNLOCKED	\$550USD
Apple iPhone 6 128GB UNLOCKED	\$600USD
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The perfect body

We take a look at some of the ways men define the perfect body.

WORDS Greg Dolman



Photo Credit: Shutterstock.com

What is the perfect body? If 10 people were to tell you what it is to them, you'd get 10 different answers. Why? We all have a different interpretation of what the perfect body is.

People answer this question in different ways due to age, interests, lifestyle, occupation and their current physical condition. For instance, a 20-year-old guy who is a regular gym-goer will have a different opinion about the perfect body to that of another 20-year-old who doesn't like exercise. The difference could be due to the gym-goer's perfect body image being more muscular and defined than the non-exerciser's perfect body image, which could be to have less 'wobbly bits'.

The opinions of both of these 20-year-olds would differ from someone older. A 60-year-old guy, for example, could see a perfect body to be one that simply moved free of pain and felt a bit firmer (he'd remember what his body used to feel and move like in his earlier years).

A 14-year-old would probably tell you he just wants to be able to play soccer better by having more dynamic energy to run

around the field and therefore be more competitive during a game. Whereas an 80-year-old will tell you finding his balance on his feet is not as good as it used to be. So his image of his perfect body is one that has no balance issues and where he can stand on one leg for 10 seconds without falling over.

The perfect body image is portrayed on just about any magazine cover, and these magazines, from fitness to gossip, want a cover model or photo that represents their label well. The images will appeal to the different readers — some may say that a certain body type on the cover of a magazine may be too hard, too lean, too big, too small, and so on. We will never all agree on what the perfect body really is.

And what about body sculpting shows where competitors range from bikini models through to bodybuilders? So many different shapes and sizes are presented on stage on show day. Even when it is decided which body in a line-up of competitors is the best on stage, not everyone will agree. Comments such as "legs aren't hard enough", "shoulders need more mass" and "abdominals not lean enough" are just a

sample of the type of criticism 'the perfect body' gets from the audience.

Competitors looking for feedback on their stage physique and possible areas of improvement (if any) are wise to approach the judges after the show. Speak to as many as possible but be mindful that seven judges may give the competitor seven different things to work on for the next show!

These examples show it's clear that even though we may be able to agree in part on what the perfect body is, we will still agree to disagree most of the time. The most interesting thing is that the perfect body to someone will usually be the body they truly desired for themselves!

We also have to understand that the body we find ourselves occupying at this moment is perfect for where we are right now. If you are not happy with the body you are occupying, then to get the body you haven't got, you need to do what you haven't done!

More importantly, be kind to your body, listen to it, nurture it, feed it with the right nutrients, and give it plenty of fresh air, water, and exercise; then enjoy what you have, not what you don't have.



THEN

The perfect body: Arnold Schwarzenegger – in his 20s

For Arnold Schwarzenegger, the perfect body during his bodybuilding days involved sculpting his body the way an artist chisels stone; he described the ideal of bodybuilding as “visual perfection, like an ancient Greek statue coming to life”.

In his 2012 autobiography, *Total Recall*, Schwarzenegger described his idea of the perfect body at the time, which belonged to Cuban bodybuilder Sergio Oliva, who he’d met at the 1968 Mr Universe contest in Miami and whose pose was said to “split the concrete”.

“He was really ripped and pound for pound thicker, with much more muscle intensity than I had,” he said of the reigning Mr Olympia at the time. “His silhouette was the best I’d ever seen: a perfect V-shape tapering from very wide shoulders to a naturally narrow, tubular waist and hips.”

At this point, Schwarzenegger had been training for six years, and he figured to build a ‘world-class’ body

was a 10-year job at least. He was determined to beat Oliva eventually, and described what he was trying to achieve for his own perfect body:

“In the mirror I could see plenty of strong points and plenty of weaknesses. I’d succeeded in building a foundation of power and mass. By combining Olympic lifting, power lifting and bodybuilding, I’d developed a very thick and wide back, close to perfect.

“My biceps were extraordinary in size, height and muscle peak. I had ripped pectoral muscles, and the best side-chest pose of anybody. I had ... wide shoulders and narrow hips, which helped me achieve that ideal V-shape that is one element of perfection.”

He listed his shortcomings as having limbs that were too long, relative to his torso, meaning he was “always having to build the arms and legs to make the proportions seem right.” “Even with massive 29-inch thighs,” he wrote, “my legs still looked on the thin side. My calves fell short compared to my thighs, and my triceps fell short compared to the biceps.”



NOW:

Staying in shape: Arnold Schwarzenegger – in his 60s

Almost half a century later, at 68 Schwarzenegger still espouses the need for a ‘vision’ and determination to stay in shape, but the focus has turned more to overall health and fitness.

While visiting Melbourne last year for a bodybuilding event, Schwarzenegger

told KIIS 1065 radio listeners that everyone should get moving every day.

“You’ve got to visualise yourself in great shape; you’ve got to set goals for yourself,” he said. “It’s my number one rule for success... Get yourself out of bed every morning and workout for an hour.” **MMH**

GOT 15 MINUTES?

With a passion for helping people get lean, nutritionist Joe Wicks (aka The Body Coach) knows a thing or two about shifting body fat, eating more and exercising less.

After achieving massive success on social media and launching his book *Lean in 15*, Joe chats to MMH about how you can cook healthy meals even when you're short on time.



Hey Joe! Can you start off by telling us about the problems you find most men have when it comes to cooking healthy meals?

I think it is really a timing thing; we're all such busy people and I understand that it can be hard to find the time to cook, let alone cook healthily. I think the key is to change your mindset and think, 'if I invest a few hours now prepping and cooking for the week ahead, I'll save time in the long run'. I always advise taking time out once a week to plan your meals and batch cook them — that way you're set for the week ahead and have no excuses to go off plan. It can be really tempting after long days at work to eat junk or not bother cooking, but if you've already made your meals you're more likely to stick to the plan and keep yourself on track for getting lean.



— What are your top tips for cooking healthy meals when short on time? —

1. Prep like a boss: Take time to prep your meals just like you'd set aside time to get ready for a meeting or go to the gym — it doesn't need to take long.

2. Simple switches: I love a bit of coconut oil to cook with — it tastes great, doesn't smoke like other oils at high temperature and is a great source of fatty acids. It's much better to cook with

than olive oil or vegetable oil.

3. Variation: Keep your meals varied; otherwise, you won't stick to them. If you're serious about getting lean, you need to stick to your meal plan. I'm a big advocate of cherry-picking recipes to suit your own tastes, but it's important that you mix it up so that you don't get bored.

4. Avoid booze: I'm not saying you can't have a drink with

dinner, but it's best to limit alcohol consumption. A few drinks here and there is fine, but alcohol puts the break on the body's fat-burning process, as your body can't store it, so it has to burn it off before it can get back to burning fat. Stick to clear drinks such as gin and slinline tonic if you really want to drink something.

5. Ditch the sad step: If you're cooking healthy and wanting

to get lean, it can be really tempting to want to check your progress by getting on the scales or, as I call them, the 'sad step'. Don't do it! Your body composition will be changing, so if you're really keen to know how the healthy meals you're cooking are changing your body, the best thing to do is take monthly body shots to compare how different you look.

Why are the recipes on the following pages great for busy men?

All of my recipes take just 15 minutes to make, and there are loads of tasty meals in there that, traditionally,

people won't have thought you can eat to get lean. I'm not a trained chef myself, so all of my recipes are easy to

cook and will help you get lean. For people short on time, you can't ask for more than getting a tasty, healthy

meal on your plate in 15 minutes or less!



EGGS BAKED IN AVOCADO

SERVES: 1

This is becoming a bit of a signature dish for me. It contains more healthy fats than you can shake a stick at... Oh, and it's got bacon too, so you know it's going to taste as good as it looks.



INGREDIENTS:

- 4 rashers of smoked back bacon
- 1 ripe avocado
- 2 eggs
- Salt and pepper
- 1 red chilli, finely sliced (remove the seeds if you don't like it hot)

METHOD:

1. Preheat your grill to maximum, then lay the bacon on the grill pan or a baking tray and slide underneath. Grill for 3 minutes on each side for crispy bacon.
2. Meanwhile, cut your avocado in half, remove the stone and scoop out a generous tablespoon of flesh from each half to create a hole big enough for the egg. No need to waste the leftover avocado — you

can save it to make some guacamole or just eat it on the spot!

3. Crack an egg into each avocado half, season with a little salt and pepper and place on a microwavable plate. Cook the eggs in 30-second bursts for 2 minutes — this should ensure firm whites, but runny yolks.
4. Serve up the baked eggs and avocado with the bacon and a scattering of chilli.



BUILD-UP BAGEL

SERVES: 1

Long live the build-up bagel. For some reason, people go absolutely bonkers for this post-workout bagel. I think they feel naughty eating it — but you've just trained and earned those carbs, so no need to feel guilty. Go for good-quality cooked meat, not the nasty cheap re-formed stuff. If you don't want to bother with poaching the egg, you could always just boil and slice it instead.



INGREDIENTS:

- 1 egg
- 1 plain bagel
- 2 tsp chipotle paste or barbecue sauce
- 1 tbsp full-fat Greek yoghurt
- Large handful of rocket
- 1 tomato, sliced
- 150g deli-style cooked turkey or chicken breast
- 75g deli-style sliced roast beef

METHOD:

1. Bring a saucepan of water to the boil. Carefully crack your egg into the hot water, reducing the heat until the water is just 'burping'. Cook the egg for about 4 minutes for a runny yolk, then carefully lift it out with a slotted spoon and drain on paper towels.
2. Slice the bagel in half and toast it for a couple of minutes.

3. Spread the toasted bagel evenly with the chipotle paste or barbecue sauce and the yoghurt, and then begin building your bagel: start with the rocket and tomato, followed by the turkey or chicken and the beef, then the poached egg.
4. Finally, stick the top on the bagel and get munching!



BAD-BOY BURRITO

SERVES: 2

You've just worked out and earned your carbs. This monster burrito needs two hands to eat and is a proper treat that's guaranteed to fill you up and leave you feeling like a hero. It's also really quick and easy to make up and then carry with you to work. For a change, try using chicken instead of beef, or pitta bread instead of tortillas.



INGREDIENTS:

- 1 tbsp coconut oil
- 500g sirloin steak, trimmed of visible fat and cut into 1cm thick slices
- 1 red onion, roughly chopped
- 1 red pepper, de-seeded and roughly sliced
- 1 clove garlic, finely chopped
- 1 tsp paprika
- 1 tsp dried oregano
- 6 cherry tomatoes, roughly chopped
- Salt and pepper
- 1 x 400g tin of kidney beans, drained and rinsed
- 2 large tortilla wraps
- Small bunch of coriander, leaves only, roughly chopped
- Squeeze of lime juice

METHOD:

1. Heat the coconut oil in a large frying pan over a high heat. Add the steak and fry for 1-2 minutes, turning the meat a couple of times. Throw in the onion, red pepper and garlic, and stir-fry for a minute or two.
2. Add the paprika, oregano and tomatoes, season with salt and pepper, and toss everything together for a minute. Chuck in the kidney beans and cook for another minute, by which time the beans should be warmed through.
3. Pile half the mixture along the middle of each wrap, then top with some chopped coriander and finish with a squeeze of lime juice. Roll up and gobble down.



INDIAN SPICED LAMB

SERVES: 1

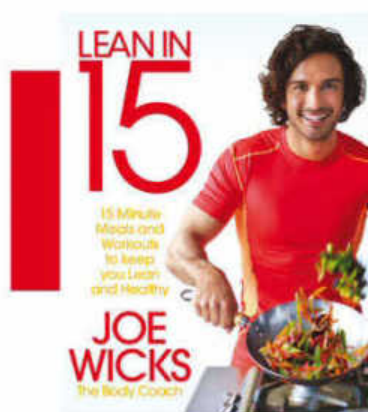
This is proper dinner-party food! You can see I've doubled the recipe in the picture. Make sure you buy cutlets, not chops, because they have a better meat-to-fat ratio. And if you have any leftovers (not likely!), they are delicious the next day, served at room temperature with a big salad.

INGREDIENTS:

- 150g natural yoghurt
- 2 tbsp ground almonds
- 2 tsp garam masala
- 1 tsp smoked paprika
- Salt and pepper
- 4 lamb cutlets, about 200g each
- Large handful of baby spinach leaves
- 4 cherry tomatoes, halved
- ¼ cucumber, sliced into batons
- ½ bunch of coriander, leaves only, roughly chopped
- Juice of 1 lemon

METHOD:

1. Preheat your grill to maximum and line a baking tray with baking parchment (this is just to make washing up easier).
2. Place the yoghurt, ground almonds, garam masala and smoked paprika in a bowl, along with a generous amount of salt and pepper. Mix thoroughly.
3. Smother the lamb cutlets with the spiced yoghurt, then place on the prepared baking tray. Slide the tray under the grill and cook the cutlets for 3-4 minutes on each side, by which time the spiced yoghurt should have browned in a few places.
4. Meanwhile, make a quick salad by gently tossing the spinach, tomatoes and cucumber together in a bowl. Pile the salad on to a plate.
5. Remove the lamb cutlets from the grill and leave to rest for 1 or 2 minutes, then sit them on top of the salad. Serve up with a scattering of coriander and a squeeze of lemon juice. **MMH**



JOE WICKS

Joe has a Bachelor of Science (Hons) in Sports Science from St Mary's University, is a REPS (Register of Exercise Professionals) Level Three personal trainer and an advanced boxing coach.

CONNECT WITH JOE on Twitter and Instagram: @thebodycoach; Facebook: The Body Coach; YouTube: thebodycoach1 or visit www.thebodycoach.co.uk

Hard work pays off

With a love for hard work in his blood, Tanner Chidester is pushing himself to achieve his biggest goals yet.

WORDS Kirstin Cuthbert

Photo Credit: Angelo Photography

STATS

Name: Tanner Chidester | **Country:** Houston, Texas, USA
Occupation: Professional model | **Age:** 23

**“NOTHING IN LIFE IS
HANDED TO YOU, AND IF
YOU WANT IT, YOU HAVE
TO GO OUT AND TAKE IT
FOR YOURSELF.”**

“NO MATTER HOW HARD I THINK I’M PUSHING, I CAN ALWAYS PUSH A LITTLE HARDER.”

Picked on a lot as a child, Tanner Chidester decided to start training and lifting weights at just 12. As he grew stronger he gained more respect, bettered his skills on the football field and found more self-confidence. Raised in a family of nine, working hard was second nature to Tanner and he has used his persistence to follow his true passion and give life his all.

Describing himself as “super-tall, skinny and just very socially awkward” when he was younger, Tanner found that weight training resulted in other people treating him better, because he was bigger.

“After training for some time, I realised that not only did people respect me more, but that it greatly enhanced my skills on the American football field,” he says. “From that day forward training for me was all about bettering myself in football.”

After high school Tanner played division 1 football in college, and once sports was over for him he transitioned into modelling. He is also a certified personal trainer and almost graduated with his petroleum engineering degree. Although he had great grades, he realised his passion was elsewhere.

“I pursued fitness and modelling and haven’t looked back since,” he says. “When I was studying petroleum engineering, I realised my heart just wasn’t in it.

“You have to love your job. It’s what you do for eight-plus hours every day. If you don’t enjoy that then your life will be pretty miserable.”

Training not only helped Tanner realise his true life passion, but it helps him push himself further each day.

“Training has given me self-confidence,” he says. “It directly correlates with real life. It taught me that no matter how hard I think I’m pushing, I can always push a little harder.

“The hard work you put into the gym translates over to academics, family life and your job in the exact same way.”

Tanner believes his ability to push himself further and enjoy hard work comes from being one of nine children.

“Growing up, if I wanted something, my parents told me I had to earn it,” he says. “I was never given money to go to the movies or pay for petrol when I was younger. That was all up to me.

“At the time I would get really upset with my parents, because I felt like every other kid was getting money from their parents, but looking back now, I’m so glad I didn’t.

“It really taught me that nothing in life is handed to you, and if you want it, you have to go out and take it for yourself. My



parents really taught me the definition of hard work, and I’ve never been scared to work hard ever since.”

Working hard for years on his body, Tanner admits that he was actually “clueless” about nutrition until he was 21, but today he knows that diet is number one.

“You can train all day and all night, but if you don’t watch what you eat you’ll never look the way you want to look,” he says.

“There is so much information out there on dieting. Really take the time to learn how to do things the right way and you’ll save yourself a lot of time. Learn what it takes to lose fat and build muscle.”

Aiming to be one of the top models in the world and have one of the best physiques, Tanner motivates himself to always strive for more.

“I just want to be the very best person I can be each and every day in the world,” he says. “If that’s not enough to motivate a person, I’m not sure what is.”

On days where his drive may be lower than usual, Tanner finds it helpful to think of where he desires to be.

“I just remind myself of my goals,” he says. “Skipping the gym won’t help me get any closer to reaching them. It really just comes down to being mentally strong and pushing yourself.

“People will always find an excuse to say why they didn’t or can’t do something. If it’s important to you, you’ll find a way to accomplish your goals.” **MMH**





REAP BETTER RESULTS

If your progress has come to a halt, it's probably time you took a good, hard look at your technique.

FITNESS MODEL Jordan Metcalfe
IMAGES Dallas Olsen

PRETTY MUCH ALL GUYS ARE GUILTY OF THIS: WANTING TO PROGRESS QUICKLY, WE ADD VOLUME AND INTENSITY, THINKING THIS IS A FOOLPROOF SOLUTION. HOWEVER, IT ISN'T.

If you're adding volume and intensity and not completing a full range of motion (ROM), because you're too concerned about getting those last few reps out even though you're struggling big-time, then you'll actually find there's a finite amount of progress you can make.

However, if you're focusing on your technique and improving it every single time, completing a greater ROM and calling on more muscle fibres, you'll never hit a progress wall. Plus, the stronger your technique is, the more it safeguards your body against the stresses (or abuses) you put it under by adding more intensity or volume.

Training in a full ROM will help to increase the strength of your joints too — the parts of our bodies we typically ignore because we can't make visible gains there. The shorter the range of motion, the weaker the joint, and the weaker the joint, the higher risk we put ourselves at for injury. So if you've started to feel a few niggles here and there and have been adding volume and intensity like there's no tomorrow, take a step back and focus on the full ROM — before you do serious damage and have to take a leave of absence from the gym.

This arm workout is a superset style, so not only will you be focusing on a full ROM and strengthening and sculpting the muscles, but you'll also be improving your technique and helping your joints to keep you injury-free.

Try to focus throughout the whole workout on going all the way to the top of the range and then slowly all the way to the bottom. No shortcuts here, guys!

THE WORKOUT

Exercise	Sets	Reps
SUPERSET 1	3-4	
▪ Parallel-bar dip		6-15
▪ Dumbbell hammer curl		12-15
SUPERSET 2	3-4	
▪ Barbell curl		8-10
▪ Rope press-down		12-15
SUPERSET 3	3-4	
▪ One-arm dumbbell preacher curl		12-15
▪ Seated overhead dumbbell extension		8-10
SUPERSET 4	3	
▪ Cable concentration curl		15-20 each arm
▪ One-arm press-down with reverse grip		15-20 each arm



Parallel-bar dip

SET-UP: Using the foot rests, or a sturdy bar below the dipping bars, stand up and grab the parallel dip bars with both hands, palms facing inward. Your knuckles should be pointing down toward the floor, and your arms should be straight with elbows unlocked. Lift your legs so that you are supporting all your weight with

your arms, remembering to keep your elbows in close to your sides.

ACTION: Lower yourself down slowly for a count of three to four seconds, until your upper arms are parallel to the dip bars. Once you reach the bottom, slowly press through your arms and raise all the way to the top.

Dumbbell hammer curl

SET-UP: Take a dumbbell in each hand. Arms should be hanging down at your sides with palms facing each other.

ACTION: Keeping the upper arms stationary, and without bending at the wrists, curl the dumbbells up slowly toward your chest. Stop when your forearms become parallel to the floor. Pause here for two counts before lowering the dumbbells back down, making sure to keep the elbows stationary throughout the movement.





Barbell curl

SET-UP: Take a shoulder-width, underhand grip on the bar. With your feet hip- to shoulder-width apart, chest up and eyes focused forward, hold the bar in front of your thighs.

ACTION: Keeping your body very close to the bar, drag it upward toward your chest to the very top of the motion. Lower with control back to starting position until your arms are at full extension.



Rope press-down

SET-UP: Stand facing the cable machine and grasp the rope attachment. Your knees should be unlocked. Pin your elbows by your sides and draw your shoulders back.

ACTION: Forcefully, press the rope down, moving your arms only from your elbows. As you reach peak extension, press the heads of the rope outward to your sides until your arms are fully extended. Pause for a moment and squeeze your triceps hard before reversing the move and slowly coming back to the start.

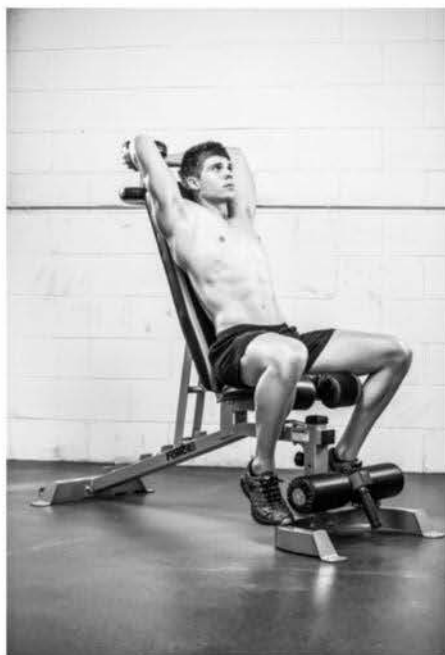


One-arm dumbbell preacher curl

SET-UP: Taking a dumbbell in one hand, tuck your armpit against the top of the inclined bench and extend your arm so it is lengthways down the cushion. You can hold the top of the incline bench with your free hand for more stability. This exercise can also be done using a low-pulley cable with D-handle attachment.

ACTION: Raise the dumbbell toward your shoulder, ensuring the movement is slow, smooth and even. At the top of the movement, pause and contract before slowing returning to starting position. Your arm should be almost fully extended. Complete all reps on one side before switching.

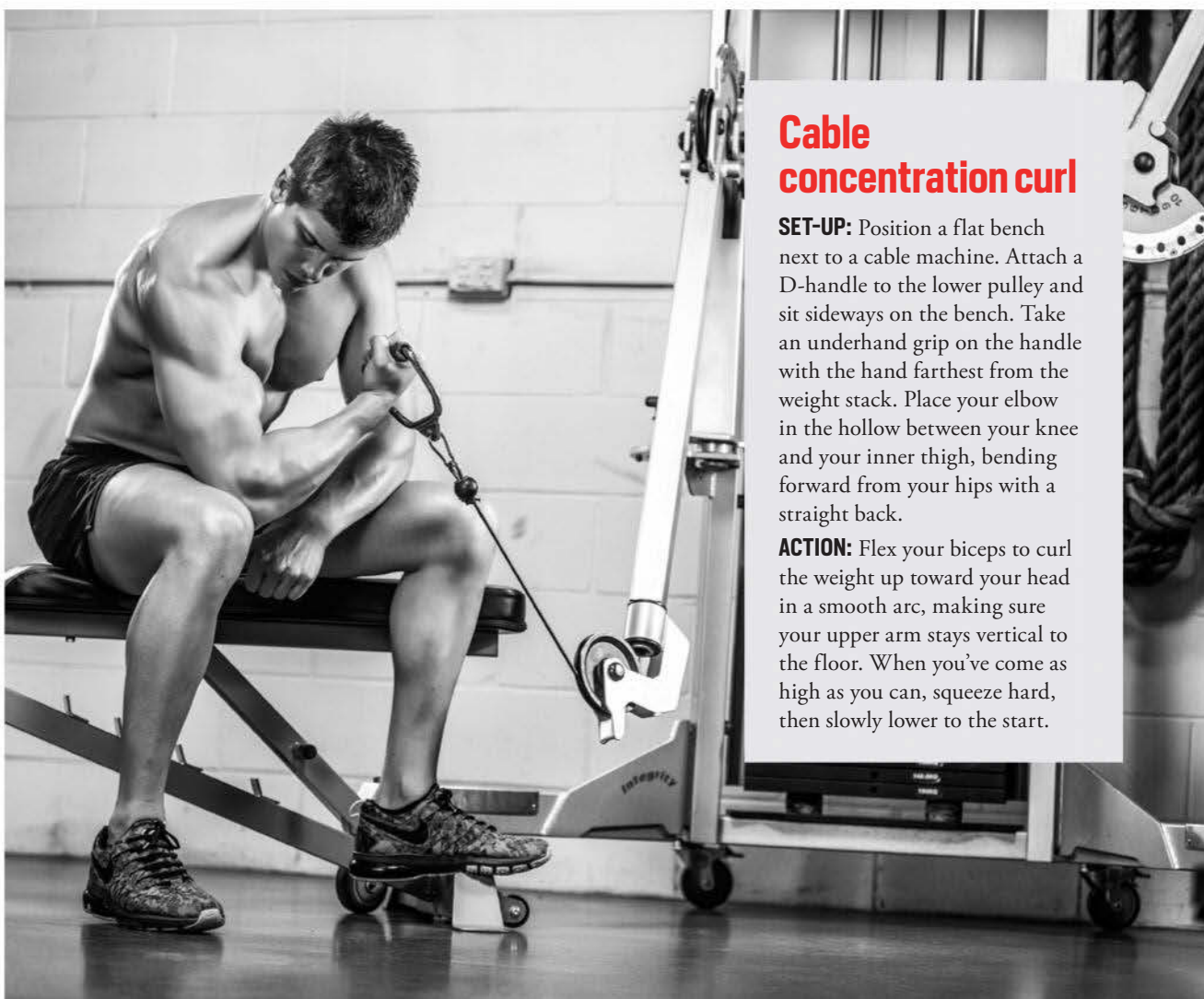




Seated overhead dumbbell extension

SET-UP: Sit on a bench and take a dumbbell in both hands, place your feet flat on the floor and contract your core to lock in those abs. Slowly lift the dumbbells to above your head, with your arms fully extended.

ACTION: Exhale as you lower the weight down to line up with your head. Keep your elbows in. Pause for a moment at the bottom, then slowly squeeze your triceps to bring the weight back to starting position.



Cable concentration curl

SET-UP: Position a flat bench next to a cable machine. Attach a D-handle to the lower pulley and sit sideways on the bench. Take an underhand grip on the handle with the hand farthest from the weight stack. Place your elbow in the hollow between your knee and your inner thigh, bending forward from your hips with a straight back.

ACTION: Flex your biceps to curl the weight up toward your head in a smooth arc, making sure your upper arm stays vertical to the floor. When you've come as high as you can, squeeze hard, then slowly lower to the start.



One-arm press-down with reverse grip

SET-UP: Attach a D-handle to an upper pulley. Take an underhand grip on the handle with one hand and place your opposite hand on your hip or on the machine for stability. Stand about 30 centimetres away from the pulley base, with your back straight, knees locked and chest lifted. Pin your working-side elbow into your side.

ACTION: Flex your biceps to curl the weight toward your head in a smooth arc, making sure your upper arm stays vertical to the floor. When you've come as high as you can, squeeze hard, then slowly lower to the start. **MMH**



Investor or enthusiast?

A lot of people out there like the idea of being a property investor, but don't actually understand what's required to make property investing a profession. Find out the difference between a property investor and a property enthusiast.

WORDS Sasha Hopkins

Photo Credit: Shutterstock.com

For a good three years now, the property market has been booming in Australia's two biggest cities, Sydney and Melbourne. Sydney has recorded huge growth and upswing, with median house prices nudging the million-dollar mark (very hard to believe) and Melbourne, being the market that always trails Sydney, has also seen consistent growth, particularly in the upper-price-bracket suburbs. Brisbane still remains a fantastic city market to invest in, with strong demand, increase in activity and fantastic opportunity for affordable, quality property. Perth is bottoming out and still a little way off before it hits the 6 o'clock mark on the property clock and begins its slow and steady rise in coming years.

It's funny how the doomsayers and property bubble preachers said that the property market wouldn't boom again. At every opportunity, they still claim that we are destined for Armageddon. The latest boom in property has given confidence to Australians that property will continue to grow as it has for the past 50 years. This confidence has led to many new 'property investors' popping out of their holes to have a crack. Good on them! Everyone has to start somewhere.

What generally happens is that these people will typically buy a property on



their own accord based on emotion, in a suburb they know or live in, so they can drive by to 'keep an eye on it'. What that means is they buy at the peak of the market, such as in Sydney, which has just seen huge growth for the past three years. They pay a premium, and then shortly after that the market slows, stops growing and even comes back slightly. From there

it enters into the 'stagnation period' of next-to-no growth for three to five years before the next growth period starts. These property enthusiasts don't understand why they can't buy any more property; they have a bad experience, possibly even lose money, and tell themselves they'll never invest again.

// The difference between an investor and an enthusiast

A property investor is someone who follows a proven system to build wealth. They don't buy on emotion; they base their acquisitions on facts, stats, trends, cycles and figures. They have a minimum of four to five properties. They spend a lot of time educating themselves, researching for the next investment, and working with their team of professionals to get the best outcomes for themselves

based on tax and borrowing capacity to purchase the next property. It is their part-time or full-time profession.

It's also an obsession and part of a bigger overall vision and mission to achieve financial independence. Most people want the same things: freedom, flexibility, lifestyle, security, comfort choices and time.

A property enthusiast is someone who likes to think

they are an investor, because they may have purchased a property, intend on buying a property in the future or even know someone who may be a property investor.

These types of people generally are 'all talk and no action'. But they like to claim the fact that they are a property investor by profession. They may be people who start things but never finish them or

don't ever stick to learning something new.

I have even come across people who are employed by so-called 'property companies' to 'guide' people on how to invest in property, but they don't even have any property themselves. That's just bizarre! You don't get tennis lessons from someone who has never played tennis before — why should it be any different with property?



// What the stats say

According to the 2011 ABS Census, 7.9 per cent of Australians (or 1,764,924 people) own an investment property. This isn't including their own house or place of residence; this is people who own rental properties only. People who owned one property comprised 72.8 per cent of all investors. That is, 72.8 per cent of that 1.7 million people own just one house, so 5.75 per cent of the Australian population own just one investment property.

Eighteen per cent of investors (or 1.42 per cent of the Australian population) owned two properties, 5.5 per cent of investors (or 0.43 per cent of Australians) owned three properties, 2 per cent of investors

(or 0.16 per cent of Australians) owned four investment properties, and 0.8 per cent of investors (or 0.065 per cent of Australians) owned five investment properties. And then 0.9 per cent of investors (or 0.068 per cent of Australians) owned six or more investment properties.

What does this mean? Of the 1.7 million people who had invested in property, only less than 1 per cent of those own six or more properties. That's such a small portion of the population — just 680 people out of one million.

Now, these statistics are from 2011, and we would presume that the number of property investors has

probably increased slightly over the past few years; however, the reality is that most people in the country do not become successful investors. To reap the rewards from property investment, you must repeat the process time and time again and build up a solid portfolio. One property will not make you rich or create financial freedom.

If you want to become one of the people who own six or more properties, you must treat property investment like a business, align yourself with an expert team to guide you, and follow proven investment systems to carry you toward a life of wealth and success. The people who try it on their own fail — the stats don't lie!



Photo Credit: Shutterstock.com



Sasha Hopkins

Without a university degree or a wealthy family, Sasha knew that in order for him to become great, wealthy and live a life of success without limitation, he had to think outside the box. He left home at 17 and learnt very quickly how the real world worked and what he needed to survive and prosper in it: *money!* Sasha began investing in property at 21, and the rest is history. At 27, he has amassed a personal wealth of \$3.2 million in just five years on one income. As CEO and head strategist of The A Team Pro, he specialises in helping everyday Australians achieve their financial goals and dreams through strategic investments. For more information visit www.theateampro.com

// How you can get started

It all starts with your *why* and *what*. Why do you want to succeed? Why are you committed to success? What is driving and motivating you? What do you want to achieve financially? These are serious questions that I urge you to spend months, or even years, thinking about, not seconds. The reason for this is that these underlying and powerful thoughts, dreams, visions and passions are what will push you through excuses to reach greatness. When you are clear on your *why* and *what*, ask questions such as:

- What are your deep values and motivations in life?
- What is your ultimate end goal time frame?
- What type of lifestyle do you want to be living?
- How much do you want per annum to give you the freedom and flexibility to live life on your terms?
- Have you actually committed 110 per cent to achieving a life of wealth success?

It is remarkable that the majority of the population have never and will never ask themselves these questions. They don't commit 10 minutes to even think about what they want from their lives financially. They instead complain that their life sucks, they hate their job, and they have no money to do the things they like. How can you expect results without 110 per cent commitment and action? If you cannot commit the time to plan your financial future, you *will not* achieve it. If there is anything you take away from this article, it should be that.

I promise you if you take the time out to ask yourself the above you will feel good and excited about creating that dream. Explore and have fun with what you want financially. Be as detailed as you can. Make it real and paint yourself a picture. Share it with your partner, family and close friends who will actually get it. Do not waste time with people who will try to deflate you or tell you it isn't possible. Trust me, whatever the mind can perceive, it can achieve.

If you are clear on your true why, what, goals and desires, it's time to then put a plan in place to make it happen. Think outside the box and let money work for you through smart investments such as property. If you aren't confident, seek a mentor or professional to guide you, someone who has a proven system for success. Become obsessed with making it your life mission through education, networking, mentorship and, above all else, *taking action*.

We only have one shot, one opportunity, in this life. Make it count. **MMH**



The non-traditional road to success

Deferring university and opting for self-education, Cameron Wild chats to MMH about the importance of knowledge, launching his own company, and how he stays fit and motivated.

IMAGES DALLAS OLSEN

STATS

Name: Cam Wild

Age: 24

City: Melbourne, Victoria

AFTER DRAGGING HIS FEET THROUGH MOST OF A UNIVERSITY DEGREE, PLAYING VICTIM AND RARELY TAKING RESPONSIBILITY, CAM WILD DEFERRED INDEFINITELY AND OPTED FOR SELF-EDUCATION.

This non-traditional route allowed him to attend high-level courses learning from world-class professionals in the industry, and from there he launched his own company, Nufit, in 2011. Now working as the head sports nutritionist and director (at only 24), he is doing what he loves, building relationships, and thrives on taking on responsibility.

Hey Cameron, thanks so much for chatting with us! Can you start off by telling us what life was like before you launched your business and how different it is today?

I look at things in an entirely different way. Prior to starting my business, I would always play victim and never took responsibility for my position or circumstances. It wasn't until I started taking responsibility for everything — and I mean everything — that happened to me that things truly started to change radically in not only my business, but my personal life too.

So, today, while I have had an exponential growth in responsibility, I continue to work toward being

the best version of me and making a positive impact on everyone I am fortunate enough to meet!

What was the pivotal moment that motivated you to start your business?

At 19, I jumped onboard a network marketing opportunity with a friend. Over the next few months, I indulged myself in some incredibly dense self-study, learning everything I could about the products (health and fitness) and business model while simultaneously building a sizable team of more than 12. Being an incredibly value-based person, I wanted to be absolutely sure that what I was doing was having a positive

effect on my customers, clients and team, so my ability to accurately and effectively read and interpret medical journals and scientific studies was one of the few critical assets I took away from my time at university. This intense self-study, my previous minor in nutrition and my obsession with developing my body in the pursuit of physical and mental optimisation precipitated my entry into the health and fitness industry.

It was at this point that I discovered the health and fitness industry was attempting to fix our health problems with band-aid solutions and outdated and/or poorly researched information. I used to compare it to taking paracetamol to fix a headache that you got from being dehydrated: you're just covering up the real problem, which in this case was and still is seriously poor nutrition. And from here, Nufit was born.

So what has been the most rewarding aspect of your career then?

Easily the continuous growth in not just my career, but in

all areas of my life from my own personal development to my relationships with friends and clients. I am better able to relate and have a deeper understanding of why people do the things they do and, more importantly, I work with them to help overcome their own blocks and barriers with their health and fitness and many other areas too. There is nothing quite like truly building a relationship with someone and seeing them achieve things they thought they could never do.

Sounds like you're a pretty busy guy! How do you incorporate a healthy and active lifestyle into your busy schedule?

Simple, I make time for it. Whatever you make time for every day is a pretty clear representation of what is really important to you. Preparing and eating high-quality food takes the same amount of time as poor-quality food, so that's a no-brainer. When it comes to exercise, I train early every morning and incorporate gym into my morning ritual. This ensures I don't miss a session



and sets me up with heaps of energy before my workday has even started.

What is the number one lesson you have learnt about health and fitness throughout your career?

You can want something as much as you like — for example, a lean, athletic physique — and you can even have all the resources to make that possible, such as the perfect nutrition and training program for you. However, nothing is going to happen until you start doing the work.

What was your reason for taking health and fitness to the level you have? Why is it so important to you?

It honestly all just boils down to growth. If I don't feel like

I'm moving forward every day, it drives me insane, so every day I aim to be a better person than I was yesterday. I want to have better health, more energy, to be smarter, faster and stronger, and everything in between. This is important to me, because I simply want to know what my body is capable of — I mean, don't you?

Having experienced some serious success so far, what advice would you give to men wanting to succeed in business?

Have unwavering self-belief and a whatever-it-takes attitude. If people are telling you that you can't do it, you're on the right track. ▶

“NOTHING IS GOING TO HAPPEN UNTIL YOU START DOING THE WORK.”

**“HAVE UNWAVERING
SELF-BELIEF AND A
WHATEVER-IT-TAKES
ATTITUDE. IF PEOPLE ARE
TELLING YOU THAT YOU
CAN'T DO IT, YOU'RE ON
THE RIGHT TRACK.”**



You are by far your most important asset, and you're going to be betting on yourself on more than a few occasions, so invest in yourself. Don't stop learning, ever.

If you're the smartest in the room, find a new room. Model success by seeking out someone who's where you want to be, and invest in them. You either win or you learn; understand failure is essential to success. Write down your vision and remind yourself of it daily. Stay true to your highest values. Enjoy the hustle — and welcome to the greatest journey of your life.

What is the most important thing men need to remember when starting a business?

Always start with the end in mind. You don't want to get to the top of the ladder and realise it was leaning against the wrong wall. Be very clear on what it is that you are setting out to accomplish, and remind yourself of it, and why you're doing it, daily.

What about guys who want to get and stay in shape — what's your advice for them?

Set yourself a clear goal, give it a deadline and write it down. If you don't have a goal, it's a bit like driving your car without actually having a destination in mind. Sooner or later you're going to run out of fuel (motivation) and won't have ended up anywhere in particular. Once you're clear on your destination, assess

the most effective and efficient way of getting there.

We all have days where motivation is low — how do you overcome these?

I love this question, because it used to drive me insane and took me years to figure out the pattern of why I would lose motivation and what I could do about it! It's a lot easier to find the solution if you first understand the problem. I started to identify when I would lose motivation and why I thought it had happened. I realised that I would lose motivation when things were getting too repetitive and found that I would be at my best when things were changing. So I simply change up my environment, certain parts of my routine, go to the movies or to a new restaurant, to kickstart my motivation back into gear.

Finally, what's next for Cam Wild?

We have some huge things in the pipeline for 2016. We are always growing and have recently moved from just working with guys to working with girls too, which has had an amazing turnout! We have also started running some awesome nutrition and online business growth retreats for personal trainers looking to grow their businesses to six figures and beyond online! We can't wait to be expanding more and having the opportunity to work with people looking to take their health and fitness to the next level!

MMH

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TWO WAYS TO ROCK-HARD ABS

Washboard abs? No worries!

MODEL Jordan Anderson | IMAGES Dallas Olsen

If you're looking for the perfect pack, you need to ensure nothing is missing from your routine. Hitting your abs from every angle, these two power routines won't leave any muscles free from hard work. Total engagement means maximum results, and that's what we're all after, right?

Hit upper abs, lower abs and obliques with a full range of varied movements, speeds and weight. The lower rep set

involves more reps than your standard for other body parts, as your abs are mostly made up of slow-twitch muscle fibres. This routine will help you overload the target muscles to encourage growth and strength and to push yourself further. Try to increase your reps every time you complete the workout to keep challenging yourself and those abs.

Your abs have more muscles that are harder to fatigue and slow-twitch muscle fibres that recover quickly,

making it safe to train your abs more frequently. Stick to 40 hours' rest between training and you should see results fast!

It is also a good idea to alternate between the two routines. Save yourself a trip to the gym and perform the bodyweight abs routine at home or outside for a change of scenery. Again, remember to increase either reps or weights to ensure your abs are constantly working hard and increasing in strength.



WORKOUT ONE: *Resistance for low to medium reps*

Exercise	Sets	Reps
Hanging knee raise	4	10-12
Cable woodchop	4	10-12
Standing cable crunch	4	10-12

**> Hanging knee raise****TARGET:** Lower abs.**SET-UP:** Grab a pull-up bar with a wide grip and hang freely with arms fully extended. Bend your knees in a 90-degree angle and lock them in this position for the reps.**ACTION:** With a controlled motion, contract your abs to bring your knees into your chest, raising them as high as

Tip: Use straps if your hands start to slip before your abs are fully exhausted. For more of a challenge, extend your legs to lengthen the lever and increase resistance.

you can. Visualise curling your spine up rather than just lifting your knees higher. Try to get your knees above the point of being parallel to the floor. Resist swinging your legs behind you on the bottom of the movement or you will gain momentum for the next rep rather than working the muscles.

> Cable woodchop

TARGET: Obliques.

SET-UP: Stand to the side of the high pulley with feet shoulder-width apart and knees unlocked. Have your right shoulder closest to the pulley. With your left hand, reach across your body to grab the handle. Place your right hand on top of your left. Keep your left arm straight and your right arm bent and locked in this position throughout the rep.

ACTION: Using your left arm, still locked in the start position, pull the cable out in a wide arc down to your left hip, allowing your torso to rotate at the waist. Your head should follow the same movement as your hands. Hold the contraction for half a second at the full reach of the movement before returning along the same arc back to the start position.



Tip: Keep your lead arm as straight as possible throughout the movement to keep the focus on your obliques, not on your triceps. To challenge yourself, simply add more weight.



> Standing cable crunch

TARGET: Upper abs.

SET-UP: Grab a rope handle attached to an upper pulley and stand erect, facing away from the machine, pressing your glutes into the pad to stabilise your torso. Position your hands by the sides of your head, using a towel around your neck to prevent chaffing. Keep your hands in this position throughout the move.

ACTION: With a strong, controlled motion, contract your abs and bend over from the waist, rounding your spine (don't keep your back arched) and bringing your elbows toward your knees without 'sitting back' as you bend. Hold the contraction for a second before returning to the start position.

Tip: Avoid pressing your chin into your chest to reduce pressure on your cervical spine. This can also be done by kneeling — be careful not to sit back as you execute the move.

WORKOUT TWO: *Bodyweight exercises for high reps*

Exercise	Sets	Reps
Side leg raise	5	20
Reverse crunch	5	20
Tuck crunch	5	20

> Side leg raise

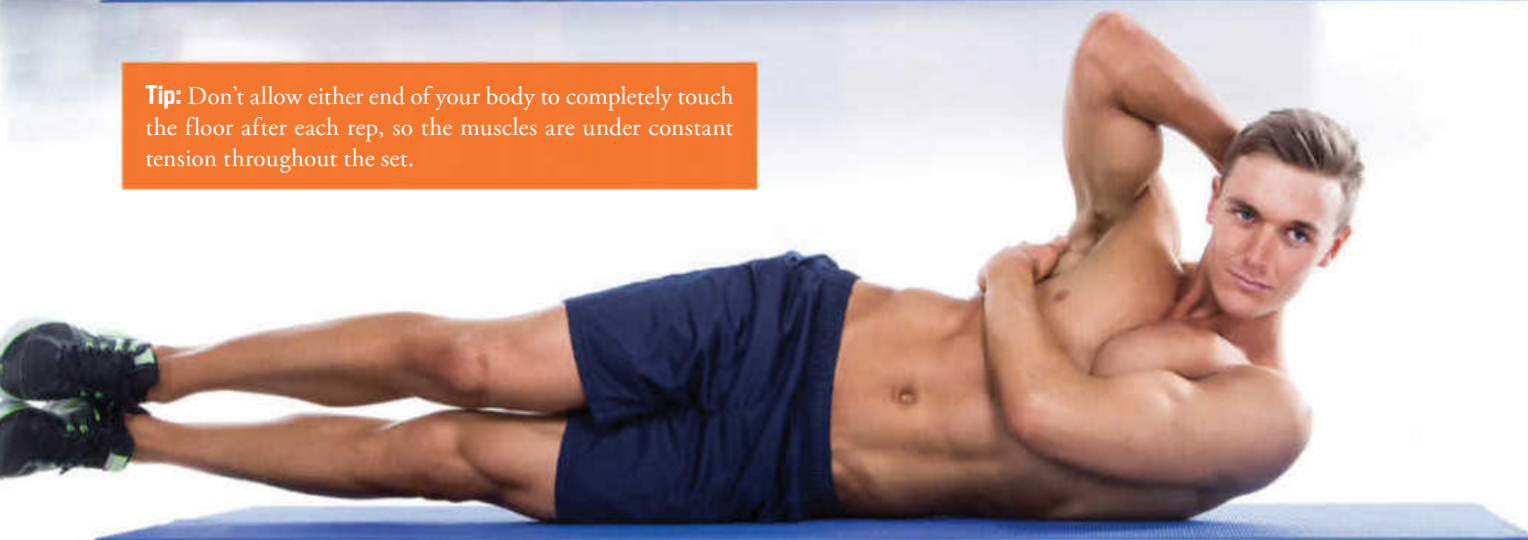
TARGET: Obliques.

SET-UP: Lie with your side on the floor, with knees and hips slightly bent. Place your upper hand behind your head for support and your other hand crossing over to hold your obliques.

ACTION: Rise up on the vertical plane as high as you can. With your upper body crunching upward, raise your legs and feet together as high off the floor as you can go, making both ends of the body rise at the same time for a contraction along the entire length of your obliques.



Tip: Don't allow either end of your body to completely touch the floor after each rep, so the muscles are under constant tension throughout the set.



> Reverse crunch

TARGET: Lower abs.

SET-UP: Lie on your back with your hands straight out from your shoulders, feet up and together, and your thighs perpendicular to the floor.

ACTION: Contract your lower abs to roll your pelvis upward and raise your hips off the floor. Pull your knees above your chest in the top position and return with control.



Tip: Supporting your legs in the air requires your lower abs to work isometrically while your upper abs work dynamically by contracting through the range of motion. Putting your feet on the floor reduces work on your lower abs, and straightening them overhead increases it, so choose your own intensity and work up from there.



Tip: Lock the angle of your knees throughout the movement. Don't let them open and close as it will affect the difficulty of the move.

> Tuck crunch

TARGET: Upper abs (lower abs contract isometrically).

SET-UP: Lie on your back and raise your legs so your hips and knees are bent at a 90-degree angle. Your thighs should be perpendicular to the floor. Cup your head with your hands to support it, but avoid pulling on your head and neck as this can cause serious injury. Your head should be just off the floor, even in the start position.

ACTION: Curl as high as you can to lift your shoulder blades off the floor. Use a smooth motion upward rather than jolting your head for momentum. Hold the contraction for a second to challenge yourself, then lower back to the start position, but avoid coming to a rest between reps. **MMH**

Fit & foxy

RACHEL GUY

AGE: 32

HOMETOWN:

Cardiff, Wales, UK

OCCUPATION:

Trainer and entrepreneur

FOLLOW RACHEL:

Facebook: Rachel Guy

Fitpro

Instagram and Twitter:

@athleticfox

Rachel Guy is one incredible woman. Having spent the past 10 years building her career, this trainer and entrepreneur now owns two businesses, travels the world and recently landed the cover of *Oxygen* magazine Australia. The driven blonde bombshell set some time aside in her busy schedule to chat to us about steak, how she stays in shape and why she likes a 'life-chasing' man.

IMAGES Dallas Olsen

How do you stay in shape?

I lift weights four times a week and walk a lot.

What's your favourite food?

Steak and red wine.

What's your favourite body part to train and why?

Glutes and delts, because it's great to get a pump on and sweat!

What body part do you love most on a man and why?

Definitely a big back, glutes and legs! Abs are overrated. If a guy has well-developed legs and a big back, he most likely has a strong and athletic physique.

Describe your perfect night out.

Would have to be starting with pre-dinner cocktails, followed by a dinner with steak and red wine and on to a bar afterwards. I like to go out like this once every few months. My party animal days were left at university and in my early twenties! These days I like to get up early on Sundays and go for a walk and a nice breakfast.

What characteristics do you most look for in a partner?

I have to have someone who doesn't take himself or life too seriously. I am attracted to driven and 'life-chasing' personalities, someone who knows what they want and goes after it; a respectful man who can be your best friend, who is also sexy as hell. I don't ask for much!

If you could be anywhere in the world doing anything, what and where would you be?

I am exactly where I want to be and I would not change a single thing. I have spent the past 10 years building a career and several businesses to allow me to live my life on my terms and meet incredible people and experience new things daily. The catch? Ten years grafting and continued hard work! But you can do anything you want to if, and only if, you want it badly enough. Just make sure you have a crystal clear goal and surround yourself with like-minded people to help you share your journey. **MMH**





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WEBSITE: bulla.com.au



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WEBSITE: buderimginger.com



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WEBSITE: osabrands.com



Finding his purpose

After training with no goal for some time, Patrick Tran gained the knowledge he needed and transformed himself into what he always dreamt of being — a fitness competitor.

WORDS Kirstin Cuthbert

Patrick would go to the gym and do the same exercises day after day. With no goal or purpose, he felt unhealthy and unmotivated. After joining a new gym and seeing an ANB bodybuilding fitness poster on the gym floor, Patrick was inspired to make a change and dedicated himself to achieving a body fit to compete.



STATS

Name: Patrick Tran

Age: 21

Location: Fairfield, NSW

Occupation: Aged care dementia nurse

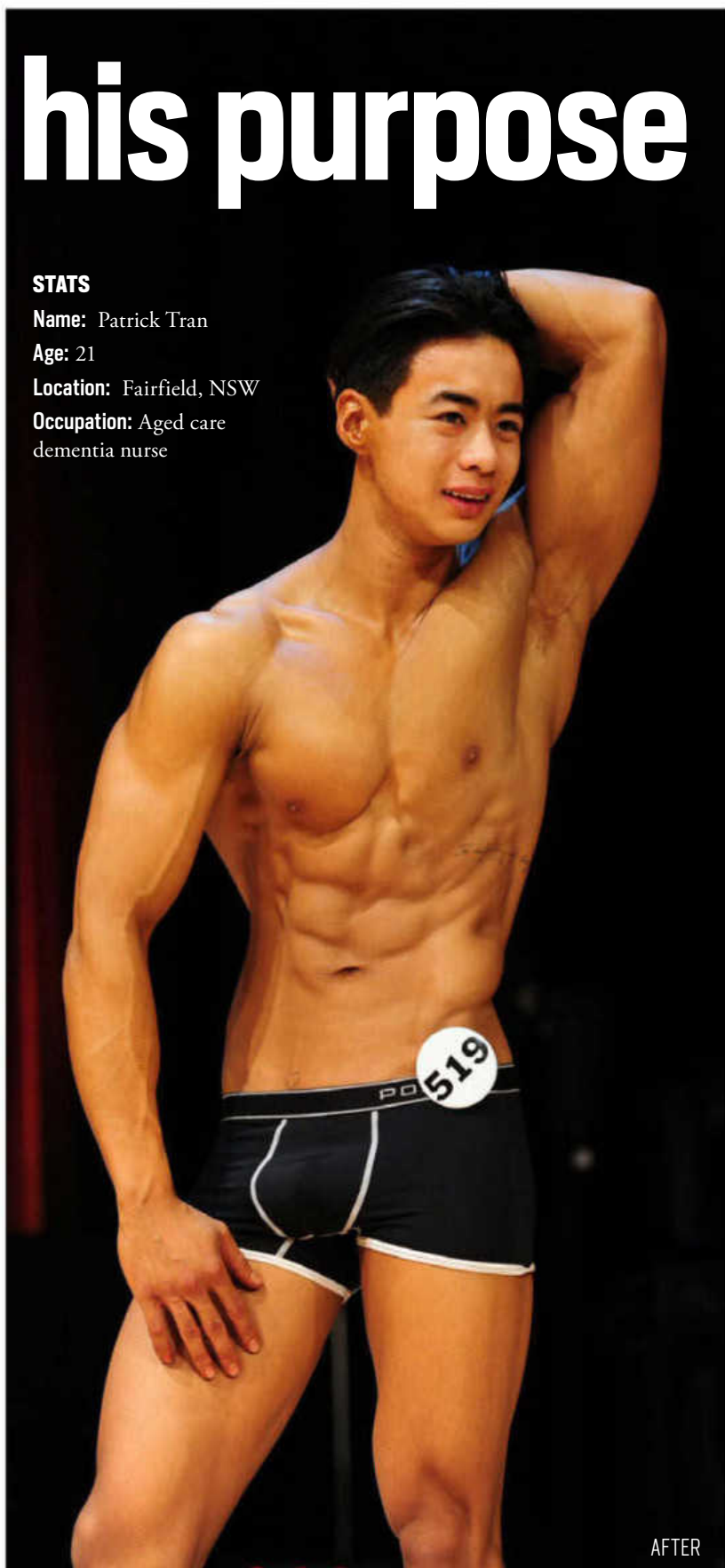


Photo credit: Bruce Templeton

Working in an aged care facility, Patrick found he was too busy to eat well.

"I didn't get to have my meals as planned and would buy food from the vending machines, eat fast food and sometimes only have two to three meals a day, along with two to three cups of coffee," he says.

Although he was going to the gym, he didn't have the knowledge of how to train properly or fuel his body to get the results he was after.

"I would waste a lot of money on supplements and not know the purpose of food and nutrients for the body and muscles to grow and recover," he says.

Competing was often on Patrick's mind, but each time he considered actioning it, he became scared and told himself he "wasn't good enough".

After a friend gave him the encouragement he needed, Patrick put his fears and doubts aside and decided to give it a go.

Having just recovered from a serious knee injury suffered playing rugby league, he spent most of the back end of 2012 conditioning and focusing on that "beach body" look.

With five weeks until show time, Patrick did all he could, and with his amazing friends around him he managed to place sixth overall.

"From that moment on I had discovered a new hobby, a new goal, a new lifestyle," he says.

Although he placed in his first competition, he admits at the age of 19 he didn't know what macro or micronutrients were or how to prep right.



**"WE ARE ALL
PUT ON THIS
EARTH FOR A
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TOMORROW IS
UP TO US."**

"I would heavily rely on supplements and carb depletion due to what everyone in the gym would tell me," he says.

Years later, Patrick's training and nutrition couldn't be more of a contrast. With his trainer, Noel Le Guen, he has developed a greater understanding of fitness, health and wellbeing.

"Tracking my calories, training with purpose and motivating others around me has inspired me to become a better person each day and to one day become a professional athlete," he says.

Although his dream as a teenager was to become a professional rugby league player, Patrick spent some time after school volunteering at a nursing home.

"From the first moment I walked in, I knew that I wanted to improve the quality of life for the elderly suffering from Alzheimer's disease," he says.

After becoming qualified, Patrick dedicated himself to helping those who suffer from dementia.

"We each have one shot to live, and I'm surrounded by those who have forgotten about the life they once lived," he says. "Dementia is an emotional, challenging experience."

"In the beginning, I wasn't sure how I felt when I witnessed a father not recognising his own daughter sitting in front of him."

"I wasn't sure if I was allowed to respond with shock when bathing a war veteran who would believe he was at battle every time I turned on the tap. But I am certain we are all put on this earth for a reason,



and what we want to achieve tomorrow is up to us."

These days Patrick is a totally different person to the guy who would train and eat with no goal in mind. And he has competing to thank for it.

He has achieved many of his goals through his journey and says his proudest moment so far has been representing Australia at the UFE (Ultimate Fitness Events) in Toronto, Canada.

"It's always been a dream of mine to compete as a pro overseas, and to get a taste of it much earlier than I expected was amazing," he says.

"The quality of athletes on stage was second-to-none, and standing next to the overall winner was fantastic."

"To be surrounded by like-minded people and to meet high achievers is inspirational, as I aspire to one day be a pro athlete representing my community and my country."

Jumping out of bed each day with a mindset to achieve his goals, Patrick has transformed his entire life and has some advice for **MMH** readers.

"There are no shortcuts to any place worth going to," he says. "Only consistency, dedication and hard work will get you there."

"It doesn't matter what he or she is doing... Have a look in the mirror; if you're not happy, then do something about it. Only you can control your happiness."

MMH

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Putting value into today

The problem with most people's training routines and why they fail, or why people fail to continue the battle, is they don't have an end goal in mind. Just like when each of us gets into our car, we have a purpose for driving and a final destination. Far too often people do not enter the gym with the same determination to reach a final destination or goal. Without a final destination, how can one ever know how to travel toward the future? Training blindly leads to procrastination and a lack of motivation, as most will push today's training routine to tomorrow, because there is no value in today. If you have a final destination of a competition in 90 days, then today is one of the 90 days — and each day is critical to the success of the journey and the final reward. To be successful in the gym, you must have a road map and timeline of the direction to your training. **MMH**

A life lived, a legacy earned.

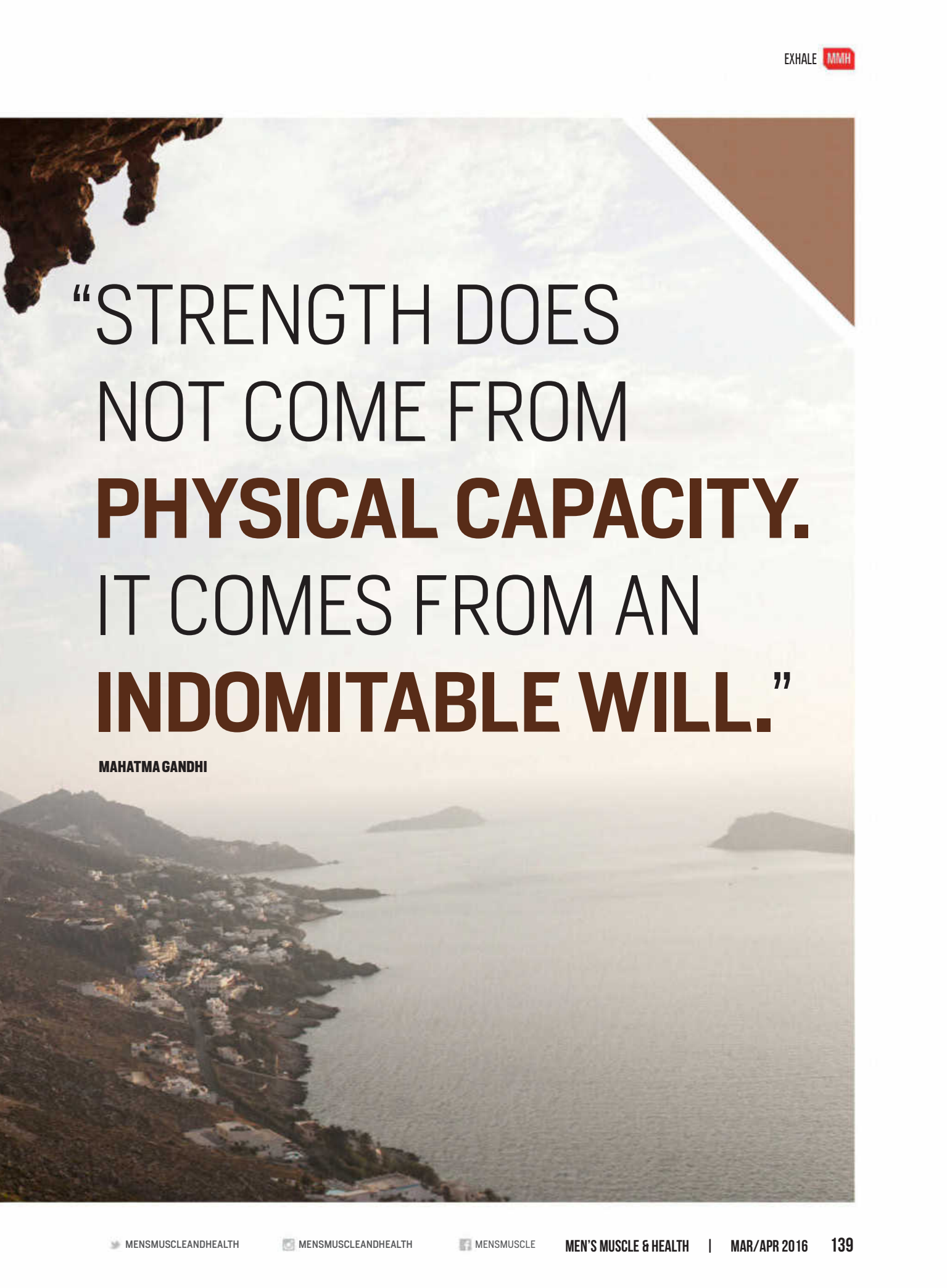
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